

CREATINE

MUSCLE

100% pure creatine monohydrate.



- contributes to short-term anaerobic performance increase

RECOMMENDATIONS FOR USE

1 measuring spoon = 4g

Loading phase: usually, when supplementing your diet with pure creatine, a loading phase of 4 x 4g per day over 7 days is recommendable. Spread intake of individual servings over the day.

Maintenance phase: after the loading phase, take 1 measuring spoon (4g) daily, preferably after exercise.

	Time in minutes ->											
	120	60	30	15	0 - 120				15	30	60	120
Day 1-7	■		■						■			■
Day 8-28									■			
	BEFORE				DURING				AFTER			

■ = 1 Serving (4g)

Caution: not suitable for children and adolescents during growth spurts, and not suited to long-term use. May lead to weight increase.

FLAVOUR

Neutral

PACKAGING

- 1250 g Container with measuring spoon

INGREDIENTS

Creatine-Monohydrate

NUTRITION FACTS

	Per 100g	Per 4g
Energy	0 kJ/0 kcal	0 kJ/0 kcal
Proteins	0 g	0 g
Carbohydrates	0 g	0 g
Fat	0 g	0 g
Creatine-monohydrate	100 g (*500%)	4 g (*20%)

* RDA = recommended daily allowance