



Code: 598150 v5.0

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Directions: 1 heaped teaspoon (approx. 5g), taken daily, or as professionally directed. Stir directly into any hot or cold drink. For physical activity, take immediately after exercising. Always use a dry spoon, powder may clump if exposed to excess moisture.

This product should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the stated recommended daily intake. Do not purchase if the seal is broken. Keep out of reach of children. If you are under medical supervision, please consult a doctor before use. Caution advised with kidney disease, consult a doctor before taking. Store in a cool, dry place. For best before and batch, see base.

Vegetarian & vegan



Pure Creatine Monohydrate

High dose, premium
micronised creatine

150g powder
Food supplement

Product information per daily intake: 5g

Creatine Monohydrate	5g
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Ingredients:

Creatine Monohydrate

Creatine increases physical performance in successive bursts of short-term, high-intensity exercise. Daily creatine consumption can enhance the effect of resistance training on muscle strength in adults over the age of 55.