Halo Health & Beauty Limited
85 Great Portland Street,
London,
W1W 7LT
United Kingdom

T: +44 (0) 203 815 7700
E: hello@wearehalohealth.com
W: wearehalohealth.com

Product Specification

Product Name	Halo – Creatine Electrolytes – Tropical
Product Code	TBC
Customer Code	TBC
Country of Manufacture	Manufactured in the UK

Product Information	
Description	Tropical flavoured creatine powder blend with vitamins, minerals and sweetener
Serving Size	1 sachet 6.7g
Direction of use	Add 1 sachet to water and mix well
Shelf Life	24 months
Storage	Cool dry place, out of direct sunlight

Ingredient Declaration

Creatine Monohydrate, Acidity Regulator (Citric Acid), Dicalcium Phosphate, Magnesium Citrate, Natural Flavourings, Potassium Chloride, Salt (Sodium Chloride), Colour (Beta Carotene) Sweetener (Steviol Glycosides from Stevia), Zinc Citrate, Vitamin D3 (Cholecalciferol), Vitamin K2 (Menaquinone-7)

Microbiological Properties	**Acceptable**	**Unacceptable**
Total Viable Count	<1000 cfu/g	>1000 cfu/g
Enterobacteria	<100 cfu/g	>100 cfu/g
Yeast & Moulds	<100 cfu/g	>100 cfu/g
Salmonella	Absent in 25g	Present in 25g
Listeria spp	Absent in 25g	Present in 25g

Organoleptic Properties	
Appearance	Orange powder
Odour & Taste	Typical tropical flavour and aroma

Packaging Information	
Primary Packaging	Stick pack
Secondary Packaging	Retail box, 20 sticks per box

Nutritional Information	**Per 100g**	**Per 6.7g serving**
Energy	157kJ / 37kcal	11kJ / 3kcal
Fat (g)	0	0.0
of which saturates (g)	0	0.0
Carbohydrates (g)	4.5	0
of which sugars (g)	0	0
Protein (g)	2.0	0.0
Salt (g)	3.7	0.25
Sodium (mg)	1480	100

Vitamins and Minerals	**Per 100g**	**Per 6.7g serving**	**%NRV per 6.7g serving**
Vitamin D3 (Cholecalciferol)	224µg	15µg	300%
Vitamin K2 (Menaquinone-7)	0.45mg	0.03mg	40%
Calcium (Dicalcium Phosphate)	2985mg	200mg	25%
Total Chloride	5089mg	341mg	43%
Chloride (from Sodium Chloride)	2328mg	156mg	20%

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Chloride (from Potassium Chloride)	2761mg	185mg	23%
Magnesium (Magnesium Citrate)	896mg	60mg	16%
Phosphorus (Dicalcium Phosphate)	2343mg	157mg	22%
Potassium (Potassium chloride)	2985mg	200mg	10%
Zinc (as Zinc Citrate)	37mg	2.5mg	25%
Other Active Ingredients	**Per 100g**	**Per 6.7g serving**	
Creatine Monohydrate	50g	3.4g	-

Potential EFSA Nutrition & Health Claims

- High in Vitamin D (300% Daily NRV per 6.7g serving)

Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus
Vitamin D contributes to normal blood calcium levels
Vitamin D contributes to the maintenance of normal bones
Vitamin D contributes to the maintenance of normal muscle function
Vitamin D contributes to the maintenance of normal teeth
Vitamin D contributes to the normal function of the immune system
Vitamin D has a role in the process of cell division
Vitamin D helps to reduce the risk of falling associated with postural instability and muscle weakness. Falling is a risk factor for bone fractures among men and women 60 years of age and older.
Vitamin D contributes to the normal function of the immune system in children.
Vitamin D is needed for normal growth and development of bone in children.

- High in Vitamin K (40% Daily NRV per 6.7g serving)

Vitamin K contributes to normal blood clotting
Vitamin K contributes to the maintenance of normal bones

- Source of Calcium (25% Daily NRV per 6.7g serving)

Calcium contributes to normal blood clotting
Calcium contributes to normal energy-yielding metabolism
Calcium contributes to normal muscle function
Calcium contributes to normal neurotransmission
Calcium contributes to the normal function of digestive enzymes
Calcium has a role in the process of cell division and specialisation
Calcium is needed for the maintenance of normal bones
Calcium is needed for the maintenance of normal teeth
Calcium and vitamin D help to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures
Calcium helps to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures
Calcium and vitamin D are needed for normal growth and development of bone in children
Calcium is needed for normal growth and development of bone in children.

- Source of Chloride (23% Daily NRV per 6.7g serving from Potassium Chloride)

The claim cannot be used on chloride from the source sodium chloride
Chloride contributes to normal digestion by production of hydrochloric acid in the stomach

- Source of Magnesium (16% Daily NRV per 6.7g serving)

Magnesium contributes to a reduction of tiredness and fatigue

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Magnesium contributes to electrolyte balance
Magnesium contributes to normal energy-yielding metabolism
Magnesium contributes to normal functioning of the nervous system
Magnesium contributes to normal muscle function
Magnesium contributes to normal protein synthesis
Magnesium contributes to normal psychological function
Magnesium contributes to the maintenance of normal bones
Magnesium contributes to the maintenance of normal teeth
Magnesium has a role in the process of cell division

- Source of Phosphorus (22% Daily NRV per 6.7g serving)

Phosphorus contributes to normal energy-yielding metabolism
Phosphorus contributes to normal function of cell membranes
Phosphorus contributes to the maintenance of normal bones
Phosphorus contributes to the maintenance of normal teeth
Phosphorus is needed for the normal growth and development of bone in children

- High in Zinc (25% Daily NRV per 6.7g serving)

Zinc contributes to normal DNA synthesis
Zinc contributes to normal acid-base metabolism
Zinc contributes to normal carbohydrate metabolism
Zinc contributes to normal cognitive function
Zinc contributes to normal fertility and reproduction
Zinc contributes to normal macronutrient metabolism
Zinc contributes to normal metabolism of fatty acids
Zinc contributes to normal metabolism of vitamin A
Zinc contributes to normal protein synthesis
Zinc contributes to the maintenance of normal bones
Zinc contributes to the maintenance of normal hair
Zinc contributes to the maintenance of normal nails
Zinc contributes to the maintenance of normal skin
Zinc contributes to the maintenance of normal testosterone levels in the blood
Zinc contributes to the maintenance of normal vision
Zinc contributes to the normal function of the immune system
Zinc contributes to the protection of cells from oxidative stress
Zinc has a role in the process of cell division

- Contains 3.4g of creatine per 6.7g serving

Daily intake of 3g of creatine increases physical performance in successive bursts of short-term, high intensity exercise. (The claim may be used only for foods targeting adults performing high intensity exercise)

The following information is provided by Nutrition Works for guidance only and it is the responsibility of all brand owners to ensure the accuracy and legality of all information printed on retail packs. Figures are by calculation and have been cross referenced with all raw material specifications held by Nutrition Works. Information presented in format to comply with Regulation (EU) No 1169/2011 on the provision of food information to consumers.

Allergen Information

Allergens	Present In Product	Comment

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Cereals containing gluten (i.e. Wheat, rye, barley, oats, spelt, kamut or their hybridised strains) and products thereof	No
Crustaceans and products thereof	No
Eggs and products thereof	No
Fish and products thereof	No
Peanuts and products thereof	No
Soybeans and products thereof	No
Milk And products thereof (including lactose)	No
Mollusc and product thereof	No
Nuts i.e. Almond (Amygdalus communis L.), Hazelnut (Corylus avellana), Walnut (Juglans regia), Cashew (Anacardium occidentale), Pecan nut (Carya illinoiesis (Wangenh.) K. Koch), Brazil nut (Bertholletia excelsa), Pistachio nut (Pistacia vera), Macadamia nut and Queensland nut (Macadamia ternifolia) and products thereof	No
Celery and products thereof	No
Mustard and products thereof	No
Sesame seeds and products thereof	No
Sulphur dioxide and sulphites > 10ppm	No
Lupin and products thereof	No
Are any of the above allergens handled on site?	
Yes – fish, milk and sulphites handled on site. Procedures in place to control allergens. No risk of cross contamination.	

Dietary Information		
Contains	**Yes/No**	**Comment**
Animal and/or animal derivatives	No	
Yeast	No	
Added salt	Yes	
Added sugar	No	
Added sweeteners	Yes	Steviol Glycosides from stevia
Artificial colours	No	
Natural colours	Yes	
Artificial flavours	No	
Nature identical flavours	No	
Natural flavours	Yes	
Additives	Yes	
Preservatives	No	
Has the product been irradiated / contain irradiated ingredients	No	

Suitability	**Suitable**	**Certified?**
Vegetarian	Yes	No
Vegan	Yes	No
Coeliacs	Yes	No
Halal	Yes	No

Quality Statement	
GMO Status	This product does not contain or produced with the aid of any genetically modified organisms.

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Pesticides	Nutrition Works Ltd does not test for pesticides' residues but relies upon suppliers to provide raw materials that comply with the relevant MRLs in accordance with current EU and UK Legislation
WADA	The product doesn't contain highly active substances, synthetic drugs or components and materials of narcotic or psychotropic character, any poisonous, doping components, included in WADA prohibited list, pharmacologically active substances, and other prohibited materials.

Legal and Confidentiality Statement

Specification Approval

Name:	M Arcena
Date:	29.05.25

For Customer

This specification shall be deemed acceptable by the customer if no returns are received within 14 days.

Company Name:
Name:
Position:
Signature:
Date:

Amendments

Date	Version No	Reason for Amendment	Approved by
29.05.25	01	New specification	M Arcena