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On a mission to create the world's most effective health products

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Enhance your water

Nutritional Information	/6.58g serving	% NRV
Vitamin B6	3mg	214%
Vitamin B12	1.5µg	60%
Zinc	5mg	50%
Creatine Monohydrate	5000mg	**



**Nutrient Reference Value not established

Food supplement with sweetener. 7 powder stick packs (7 servings). Suitable for vegans.

Directions: Mix one stick daily with 500ml - 1 litre of water, adjusting up or down to dilute the taste to your liking.

Ingredients: Creatine Monohydrate, Acid (Citric Acid), Natural Flavourings, Sweetener (Steviol Glycosides from Stevia), Colour (Beetroot Red), Zinc Citrate, Pyridoxine Hydrochloride, Vitamin B12 (Methylcobalamin).

Warnings: Do not exceed stated daily dose. Not suitable for children, or pregnant or breastfeeding women. If you have a medical condition or are taking medication, consult a medical professional before taking. Food supplements should not be used as a replacement for a balanced, varied diet and a healthy lifestyle. Keep out of reach of children.

Store: Cool dry condition and out of direct sunlight.

Best before end: See base of box.

*Creatine increases physical performance in successive bursts of short-term, high intensity exercise (based on a daily intake of 3g). Both Vitamin B6 and B12 contribute towards the reduction of tiredness and fatigue, and normal energy-yielding metabolism. Vitamin B6 contributes to the regulation of hormonal activity. Zinc contributes to normal cognitive function.



Enhance performance & energy



Support cognitive function



Hormonal balance support*

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Best Before End / Batch Number

Each serving contains:

5000mg Creatine Monohydrate

3mg Vitamin B6

1.5µg Vitamin B12

5mg Zinc

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Creatine+ for Women

Mix with water



x7

Summer fruits flavour

Creatine powder sticks for women, with extra support for energy, cognition and hormonal balance*

5g Creatine
Clinically proven Creatine Monohydrate with 99.9% purity*

Enhance performance & energy*

Support cognitive function*

Hormonal balance support*

Summer fruits flavour food supplement with sweetener.
Net wt: 46.06g (7 sachets x 6.58g)

Sugar free

Mix with...

1L
of water for a lighter taste

700ml
of water for a refreshing burst

500ml
of water for a stronger taste

