

PURE

Biethica

# CREATINE MONOHYDRATE

UNFLAVOURED POWDER

Increases high intensity  
physical performance.

- 166 Servings
- Additive free
- Suitable for Vegans
- 200 mesh for easy mixing

Ingredients: Creatine Monohydrate.

Nutritional Information	per 1/2 tsp (3g)	% NRV
Creatine Monohydrate	3000mg	*
No NRV established*		

**Directions:**

Take 1/2 a heaped teaspoon (approximately 3g) once a day, dissolved in water, juice or added to you protein shake.

Do not exceed stated dose.

Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, under the age of 18 or taking any medications, please consult a doctor before use.

Discontinue use and consult a doctor if adverse reactions occur. Keep out of reach of children. Store in a cool, dry place.

Do not use if seal is broken.



Packed in the UK for:  
WFBM Healthcare Ltd  
Genesis centre  
ST6 4BF  
enquiries@wfbm.co.uk

Food Supplement

500g

Batch no: 306032-1  
Best before: 31/07/28