

## Product Specification

<b>Product Name</b>	Halo – Creatine Electrolytes – Lemon & Lime
<b>Product Code</b>	TBC
<b>Customer Code</b>	TBC
<b>Country of Manufacture</b>	Manufactured in the UK

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

<b>Ingredient Declaration</b>	
Creatine Monohydrate, Acidity Regulator (Citric Acid), Dicalcium Phosphate, Magnesium Citrate, Natural Flavourings, Potassium Chloride, Salt (Sodium Chloride), Colour (Concentrate (safflower, lemon), Spirulina Extract) Sweetener (Steviol Glycosides from Stevia), Zinc Citrate, Vitamin D3 (Cholecalciferol), Vitamin K2 (Menaquinone-7)	

<b>Microbiological Properties</b>	<b>Acceptable</b>	<b>Unacceptable</b>
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

<b>Organoleptic Properties</b>	
Appearance	Green powder
Odour & Taste	Typical lemon and lime flavour and aroma

<b>Packaging Information</b>	
Primary Packaging	Stick pack
Secondary Packaging	Retail box, 20 sticks per box

<b>Nutritional Information</b>	<b>Per 100g</b>	<b>Per 6.7g serving</b>
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

<b>Vitamins and Minerals</b>	<b>Per 100g</b>	<b>Per 6.7g serving</b>	<b>%NRV per 6.7g serving</b>
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%
<b>Other Active Ingredients</b>	<b>Per 100g</b>	<b>Per 6.7g serving</b>	
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 ( <i>Amygdalus communis</i> L.), Hazelnut ( <i>Corylus avellana</i> ), Walnut ( <i>Juglans regia</i> ), Cashew ( <i>Anacardium occidentale</i> ), Pecan nut ( <i>Carya illinoensis</i> (Wangenh.) K. Koch), Brazil nut ( <i>Bertholletia excelsa</i> ), Pistachio nut ( <i>Pistacia vera</i> ), Macadamia nut and Queensland nut ( <i>Macadamia ternifolia</i> ) 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

This document and its content is and remains the property of Nutrition Works Ltd. No part of this document should be shared, reproduced, or transmitted in any form, without the prior written consent of Nutrition Works Ltd.

### 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