



# No Artificial Colours or Flavours

## Nutritional Information

Serving Size: 5g

Servings per Container: 30

	Amount per Serving	%RI*
Creatine Monohydrate	5g	**

\* Reference Intake

\*\* No RI established

**Ingredients:** Creatine Monohydrate (100%) micronised

**Suggested Use:** Mix 1 scoop (5g) with 200ml of water or a pre/post workout. Use once daily.