

CREATINE

PURE PERFORMANCE

NUTRITIONAL INFORMATION

Per 5g serving	Amount
Creatine Monohydrate	5000mg

DIRECTIONS



Take 3-5g daily (1 scoop = 5g).

Mix with water, or blend into a smoothie or shake.

If new to creatine, start with 3g before increasing.

INGREDIENTS

Creatine Monohydrate (100%)

No fillers. No additives.

No flavourings or sweeteners.

Made in the Netherlands



EFSA APPROVED CLAIM

Creatine increases physical performance in successive bursts of short-term, high intensity exercise.

The beneficial effect is obtained with a daily intake of 3g of creatine.



Suitable for vegetarians and vegans



STORAGE & SAFETY

Store in a cool, dry place. Keep out of reach and sight of children. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied, balanced diet and healthy lifestyle.



QUALITY YOU CAN TRUST

- $\geq 99.95\%$ purity
- Independent EU & US tested
- Anti-doping tested
- Ultra Soluble*

*QURA's superior fast dispersion technology outperformed premium monohydrate powders using: 3g Creatine monohydrate - 400ml water - 1000RPM stirring - 2 minutes

DISCOVER MORE

Scan QR Code to learn more.



60-100 Servings

300g e

Unflavoured



Well.Actually.

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Best Before End / Batch Number:

