

ELECTROLYTE CREATINE COMPLEX

Electrolyte minerals
with creatine & vitamin C

Ingredients: Creatine monohydrate, glycine, coconut water powder, magnesium malate, calcium ascorbate, potassium ascorbate, pink Himalayan salt.

Recommended Intake: Take 1 heaped teaspoon (approx. 8.5g) daily mixed into liquid alongside food, or as directed by a practitioner. Perfect to mix into a protein shake or smoothie. Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. **Not suitable during pregnancy, breastfeeding, or with kidney dysfunction. If you are taking blood pressure medication, or any other medication, consult a doctor before use.**

- Keep out of sight & reach of children
- Do not use if sealing strip is missing or broken
- Suitable for vegans & vegetarians
- **BEST BEFORE DATE:** see base of container
- Store in a cool, dry place

PRODUCT CODE: 2183

Product Information:

255g powder = 30 days' supply

8.5g will provide on average:

Active Nutrients:	%NRV	
Creatine	5g	*
Magnesium (as magnesium malate)	100mg	27
Calcium (as calcium ascorbate)	50mg	6.3
Potassium (from potassium ascorbate & coconut water powder)	50mg	2.5
Vitamin C (from calcium & potassium ascorbate)	475mg	594
Sodium (as chloride from pink Himalayan salt)	103mg	4.5

In a base of glycine and coconut
water powder

NRV = Nutrient Reference Value

*Indicates no NRV

Powders may settle over time. For the
most accurate measurement we
recommend weighing.



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