

# CREATINA

## CREATINE FOOD SUPPLEMENT



IMPROVE PERFORMANCE AND MUSCLE REACTIVITY



- EXTREMELY PURE
- MICRONIZED
- CONCENTRATED



PACKAGE: 300 g

### RECOMMENDED FOR

SUITABLE FOR ATHLETES WHO WANT TO IMPROVE MUSCLE PERFORMANCE

- People who carry out very intense, repetitive exercise with repeated sprints
- Athletes who need to enhance muscle reactivity

### WHEN TO USE CREATINE



## CREATINE IS ABLE TO INCREASE PHYSICAL PERFORMANCE DURING SHORT-DURATION, HIGH-INTENSITY AND REPETITIVE EXERCISE

### FEATURES

The creatine used in this product is micronized CREAPURE®, a top quality raw material, with a very high concentration and purity. This product has an excellent solubility, no off-taste and no residual smell and is suitable for the diet of athletes.

Creatine is able to increase physical performance during short-term, high intensity, repeated exercise bouts. The beneficial effect can be obtained with a daily intake of 3 g of creatine.

### INDICATIONS

Useful for the diet of athletes who want to increase physical performance during short-term, high intensity, repeated exercise bouts. For the diet of athletes the daily intake can be up to 6 g (2 full measuring spoons), at this high dosage it is recommended to take the product for no longer than 1 month.

### HOW TO USE AND RECOMMENDED DAILY DOSE

Take 1 full measuring spoon (3 g) per day, dissolved in water or other liquid.

### INGREDIENTS

Creatine monohydrate powder (CREAPURE®)

Warnings: do not exceed the recommended daily dose. Keep out of reach of children under the age of 3. Supplements are not intended as substitutes for a varied, balanced diet and a healthy lifestyle. This product is aimed at adults who do intense exercise. Do not use in children, during pregnancy and breast-feeding or for long periods without any medical advice. Store in a cool, dry place. The best before end refers to the product in its intact container when stored as directed. This product is tested free from nandrolone and testosterone with their precursors, free from amphetamines and ephedrines.

### TYPICAL VALUES

	Per dose (1 measuring spoon)
Creatine monohydrate of which CREATINE	3,4 g 3 g