

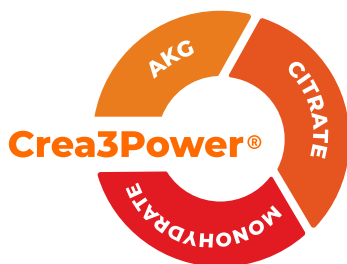
# CREATINA TABS

CREATINE FOOD SUPPLEMENT WITH **Crea3Power®**



IMPROVES YOUR PERFORMANCE<sup>1</sup>

NEW GENERATION PRE-WORKOUTS



PACKAGING: 120 CPR JAR, 1.43 G EACH

## 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 CREATINA TABS



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.

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

### FEATURES

Creatine is able to increase physical performance in case of repetitive, high intensity and short duration activity. The beneficial effect is obtained with the intake of 3g/day of creatine<sup>1</sup>. Crea3Power® offers the body three different bioavailable forms of creatine, for the best performance. Crea3Power® is a blend developed by the R&D department of EthicSport, which provides creatine monohydrate, creatine citrate and creatine AKG (alpha-ketoglutarate). These three forms of creatine allows a modulation of creatine intake and effective stimulation of the body. These are the three most studied forms of creatine, supported by solid scientific literature that prove its effectiveness.

### HOW TO USE AND RECOMMENDED DAILY DOSE

It is recommended to take 3 tablets per day (equal to 3 g of creatine), accompanied by a large glass of water.

### 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 (6 tablets), it is recommended to take the product for no longer than 1 month.

### INGREDIENTS

Crea3Power® (Creatine monohydrate, Creatine citrate, Creatine alpha-ketoglutarate) bulking agents: microcrystalline cellulose, hydroxy-propyl-cellulose; Stabilizers: mono- and diglycerides fatty acids, glycerol, polyethylene glycol; Coating agents: hydroxy-propyl-methylcellulose, talc; Anti-caking agents: silicon dioxide, magnesium salts fatty acid.

### TYPICAL VALUES

|                   | Per dose (3 tablets) |
|-------------------|----------------------|
| Crea3Power®       | 3,65 g               |
| of which CREATINE | 3,00 g               |