



WE BUILD CHAMPIONS



SUPPLEMENT FACTS

Serving Size: 6 g

Servings per Container: 100 & 133

Typical Nutritional Values

	/6 g	/100 g
Energy	24 kcal/ 102 kJ	400 kcal/ 1700 kJ
Fat	0 g	0 g
- Saturates	0 g	0 g
Carbohydrates	0 g	0 g
- Sugars	0 g	0 g
Protein	6 g	100 g
Salt	0 g	0 g
Creatine monohydrate	6000 mg	100 g

INGREDIENTS: Creatine monohydrate.



INTENSIVE TRAINING

Creatine increases physical performance in successive bursts of short-term, high intensity exercise. It is recommended to take Creatine Monohydrate for 4 consecutive weeks, several times during the year.

- ▶ EXPLOSIVE INCREASES IN STRENGTH
- ▶ INCREASES MUSCLE PUMP
- ▶ PACKAGING: 300 G & 800 G
- ▶ USE: BENEFICIAL EFFECT IS OBTAINED WITH A DAILY INTAKE OF 3G OF CREATINE COMBINED WITH HIGH INTENSITY EXERCISE. FOR BEST RESULTS, TAKE 6 G DAILY WITH WATER OR FRUIT JUICE BEFORE WORKOUT

This food supplement should not be used to replace a balanced and varied diet and a healthy way of life. Keep away from young children. Do not exceed the recommended dose.