

<b>Product</b>	Creatine	
<b>Flavour</b>	Unflavoured	
<b>Legal name</b>	Dietary supplement with creatine.	
<b>Ingredients</b>	Ingredients: Creatine Monohydrate	
<b>Allergens</b>	None	
<b>PAL</b>	May contain cereals containing gluten, egg, soya, milk, and mustard. Note: Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the stated recommended daily dose. Keep the product out of reach of small children. 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.	
<b>Note</b>		
<b>Aktiver Inhaltsstoff/ Active Ingredient</b>	per 1g	pro Tagesdosis/ per daily dose (5 g)
<b>Kreatin-Monohydrat/ Creatine monohydrate</b>	1000 mg	5000 mg
<b>davon Kreatin/ of which creatine</b>	879 mg	4395 mg
<b>Preparation Tin size</b>	Tägliche Verzehrsmenge: 5 g Pulver (= 1 Messlöffel) in mindestens 200 ml Wasser auflösen und sofort trinken, vorzugsweise vor dem Training. Daily allowance: 5g of powder (= 1 measuring spoon) mixed with at least 200ml of water and consumed immediately pre-workout.	
<b>Storage/BBD Tin size</b>	Vor Wärme sowie direkter Sonneneinstrahlung geschützt und trocken lagern. Mindestens haltbar bis Ende: siehe Boden. Store in a cool, dry place, out of direct sunlight. Best before end: see bottom.	
<b>Net weights/Servings</b>	Tin size: 150 g	