



**Serving size:** 5 grams (1 scoop)

**Servings per container:** 60

**Contents per container:** 300 grams

## Product specification

### Creatine Monohydrate

**Productomschrijving:**

Food supplement to support athletic performance.

**Composition:**

Creatine monohydrate

**Per serving of 5 grams:**

5000 mg

**Ingredients:**

Creatine monohydrate.

**Allergen information:**

This product may contain **peanuts**.

**Recommended use:**

Loading phase: Take 1 scoop (5 grams) 4 times a day for 5 days. Maintenance phase: Take 1 scoop (5 grams) daily. Do not exceed the recommended dosage.

**Warning:**

A dietary supplement should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended dosage. Not suitable for children. Pregnant women should consult a specialist before using this product

**Storage instructions:**

Close the jar tightly after use. Store in a cool, dark, dry place and out of reach of children. Limited shelf life after opening. Batch code / best before: see bottom of packaging.

