

CREATINE

MICROCRYSTALLINE
POWDER

100%
MONOHYDRATE

INCREASES
PHYSICAL
PERFORMANCE



DESCRIPTION

CREATINE is a product that contains 100% of creatine monohydrate of high quality pharmaceutical. Various studies on Creatine have thrown following advantages in the intake of creatine:

- Increase in physical performance during exercises with repetitions of short duration and high intensity.
- Increase in muscle power and speed.
- Increase in resistance capacity.

The conclusion of these advantages help us understand how a supplementation with **CREATINE** us will help improve endurance in intense exercises of short series in different sports that require explosiveness such as cycling, swimming, athletics or weight training.

INGREDIENTS

100% Creatine monohydrate.

PRESENTATION

Jar of 500 g. Unflavored.

DIRECTIONS

Take a daily dose (3g = ½ scoop) after the training.

NUTRITIONAL INFORMATION

	100 g	Dose 3 g
Energy	0 kJ/0 Kcal	0 kJ/0 kcal
Fat	0 g	0 g
Of which saturated fat	0 g	0 g
Carbohydrates		
Of which sugars	0 g	0 g
Proteins	0 g	0 g
Salt	0 g	0 g
Creatine Monohydrate	100 g	3 g
Of which creatine	88 g	2.64 g

Recommended daily dose: 3 g (½ scoop)

Dose per container: 166