

G³ CREATINE POWDER

OUR TOP-LEVEL ATHLETE: CREATINE AS THE KEY TO EVEN HIGHER PERFORMANCE

Creatine is found almost exclusively in meat and fish. That's why you're likely to have a creatine deficit if you're on a vegetarian or vegan diet. However, an increased intake doesn't only have benefits for vegetarians and vegans: creatine also improves your physical performance and boosts your explosive power when you engage in hard physical exercise for short periods, making it the ideal supplement for competitive athletes.

Creatine is a nutritional element which is broken down in the body daily, and your creatine store needs to be replenished regularly.

Our G³ CREATINE POWDER simultaneously enables longer lasting performance if taken continuously: thanks to its high quality and good solubility, our powder is absorbed by the body very quickly.

- HELPS IMPROVE YOUR PHYSICAL PERFORMANCE
- SUPPORTS WEIGHT TRAINING, BODYBUILDING, GENERAL FITNESS, ENDURANCE SPORTS, MARTIAL ARTS, ETC.
- IDEAL FOOD SUPPLEMENT FOR VEGETARIANS AND VEGANS



500 g

5g
CREATINE
PER SERVING

100
SERVINGS

RECOMMENDED USE

One serving (5g) after training, preferably directly into the post-workout. Shake with sufficient liquid.

INGREDIENTS

Creatine Monohydrat (100% Creapure®)

POSSIBLE APPLICATIONS

Creatine increases physical performance during rapid strength training, during short-term intensive physical activity.

NOTE

The recommended daily dose must not be exceeded. Food supplements should not be used as a substitute for a balanced and varied diet and a healthy lifestyle. If you are pregnant or nursing please contact your healthcare practitioner before taking any dietary supplements. Keep out of reach of children. Store product away from direct sunlight. Protect from heat and keep dry. Close container properly after use.

NUTRITION FACTS

	Per 100 g	Per serving	% NRV*
Creatine Monohydrat (100% Creapure®)	100 g	5 g	°

° no nutrient reference values available