

THE CREATINE. Food supplement. With sweetener. A powerful combination of Creatine, Tri-creatine malate, Beta-Alanine, Taurine, and Vitamin-B Complex. A minimum 3 g of Creatine per day is scientifically proven to increase physical performance in successive bursts of short-term, high intensity exercise like weight training and interval cardio. The product is intended for adults performing high intensity exercise. **Ingredients:** Creatine monohydrate, Tri-creatine malate, Beta-Alanine, Taurine, Maltodextrin, Flavouring Sweetener (Sucralose), Vitamin-B Complex (Nicotinamide, D-Pantothenate, Calcium, Riboflavin, Pyridoxine hydrochloride, Thiamine hydrochloride, Pterylmonoglutamic acid, D-Biotin, Cyanocobalamin), Colour (Ponceau 4R***). *** Ponceau 4R: May have an adverse effect on activity and attention in children. **Recommended Use:** Mix 1 heaping scoop (~8 g) of powder with 250 ml of cold water. Drink 30 minutes before beginning activity. **Warnings:** Do not exceed the recommended daily dose. Do not use if you are allergic to any of the supplement compounds. Food supplements should not be used instead of a varied, well-balanced diet. Do not use if pregnant or nursing. Consult your physician before use. Not recommended for use by those taking medication. Beta-Alanine may cause a harmless, temporary tingling sensation on the skin for some individuals. Keep out of reach of young children.

Allergen Information: Made in a facility that uses milk, soy, egg and nuts.

Best before end, batch number (see on the bottom of the container).

Store in dry and cool place. Protect from direct sunlight.

Made in EU for
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SHADOWLINE



Dorian Yates
EX MR. OLYMPIA

DY
NUTRITION

FOOD SUPPLEMENT
THE CREATINE
ULTIMATE CREATINE COMPLEX

PER SERVING	PER SERVING	PER SERVING
6000mg	CREATINE	1000mg
500mg	TAURINE	BETA-ALANINE

Net wt. **316g**

STRAWBERRY

2200000

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EX MR. OLYMPIA

Recommended use:
Mix 1 heaping scoop of powder (~8 g) with 250 ml of cold water.

Drink 1 serving 30 minutes before workout.

1x  250ml 

Net weight **316g**

SUPPLEMENT FACTS

Serving Size: 1 heaping scoop (8 g)
Servings Per Container: 39

CONTENT	PER 100 g	PER SERVING (8 g)
Vitamin-B Complex		
Vitamin B1	13,75 mg	1,1 mg (100% NRV*)
Vitamin B2	17,5 mg	1,4 mg (100% NRV*)
Vitamin B3	200 mg	16 mg (100% NRV*)
Vitamin B5	68,7 mg	5,5 mg (91% NRV*)
Vitamin B6	14 mg	1,1 mg (78% NRV*)
Biotin	0,6 mg	50 µg (100% NRV*)
Folic acid	2,5 mg	0,2 mg (100% NRV*)
Vitamin B12	31 µg	2,5 µg (100% NRV*)
Creatine monohydrate	37,5 g	3000 mg
- of which Creatine	32,9 g	2640 mg
Tri-creatine Malate	37,1 g	2968 mg
- of which Creatine	27,8 g	2224 mg
Beta-Alanine	12,5 g	1000 mg
Taurine	6,25 g	500 mg

*NRV: Nutrient Reference Values: Reference Intake of an average adult

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