

Important Information: Do not exceed the recommended daily dosage. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Not recommended for use by pregnant or lactating women. If you are taking any medications, are under medical supervision, have an existing medical condition or symptoms of illness, consult your doctor before use. Using this supplement at the same time as other food supplements may result in excessive ingredient doses, consult a qualified professional if you are unsure. Discontinue use and contact a doctor immediately if any adverse reactions occur. Not for use by persons under the age of 18. Do not use if the seal under the lid is broken or missing. This product is a food supplement and is not intended to diagnose, treat, cure or prevent any medical condition, illness or disease. For best before end date & lot: see lid. Store in a cool, dry place. Keep out of the reach of children.

Ingredients: Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Creatine Ethyl Ester Hydrochloride, Anti-Caking Agents (Stearic Acid, Silicon Dioxide, Magnesium Stearate), Glazing Agents (HydroxyPropyl MethylCellulose, Glycerin, Carnauba Wax).

Manufactured for: Euro Nutrition Ltd, Discovery Court, 551-553 Wallisdown Rd, Poole, BH12 5AG, UK.



New

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ILN

CEE
CREATINE

240 VEGETARIAN
TABLETS

FOOD SUPPLEMENT WITH CREATINE ETHYL ESTER
3000MG CEE PER SERVING

FOOD SUPPLEMENT

Nutritional Information

Daily Serving Size: 6 Tablets Daily Serving Size: 8 Tablets
Daily Servings per Container: 40 Daily Servings per Container: 30

	Per 6 Tablets	%NRV*	Per 8 Capsules	%NRV*
Creatine Ethyl Ester	3,000 mg	**	4,000 mg	**

* Nutrient Reference Value ** No NRV established

Directions for use: Always take tablets with a glass of water. It is important to ensure adequate hydration whilst taking this product, users should aim to drink at least 2 litres of water per day. Follow the below recommended dosing schedule.

Week 1 (Loading Phase): Take 8 tablets daily. Split the dose with 4 tablets upon waking and 4 tablets in the afternoon.

Weeks 2-10 (Maintenance Phase): Take 6 tablets daily. Split the dose with 3 tablets upon waking and 3 tablets in the afternoon.

Weeks 11-12 (Rest Phase): Take a 2 week break from use of creatine after 10 weeks of continuous usage. After the rest phase, restart from *Week 1 (Loading Phase)*.

Suitable for Vegetarians & Vegans.

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