Contents may settle during transit. Before first use, shake tub vigorously for 5-10 seconds to aerate the powder.

Directions: Mix 15.3g (approximately 2 level scoops) with 500ml of water. Take serving 25 minutes before your workout. Do not take more than one serving per day. **Note:** Measuring scoop is included, but may settle to bottom of tub.

## **Nutritional Information**

Serving Size: Two Scoops (15.3g)

Servings per Container: 20

Per Serving (15.3g)		%NRV*
Creatine Monohydrate	3,000 mg	**
Dextrose	2,500 mg	**
L-Glutamine	2,000 mg	**
Taurine	2,000 mg	**
L-Citrulline Malate	1,500 mg	**
Betaine Anhydrous	1,500 mg	**
Niacin (B3)	24 mg NE	150%
Vitamin B12	4 µg	160%
Pantothenic Acid (B5)	36 mg	600%
* Nutrient Reference Valu	ue ** No NRV e	established

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

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SUITABLE FOR VEGETARIANS & VEGANS

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 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 nutrient dosages, consult a qualified professional if you are unsure. Discontinue use and contact a doctor immediately if any adverse reactions occur. Not intended for use by persons under the age of 18. Do not use if seal 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. Storage: Keep silica bags inside the container to preserve product quality. DO NOT CONSUME SILICA BAG. Store in a cool, dry place. Keep out of the reach of children.

Ingredients: Creatine Monohydrate, Dextrose, Taurine, L-Glutamine, Acids (Citric Acid, Malic Acid), L-Citrulline Malate, Betaine Anhydrous, Inulin, Flavouring, Sweetener (Sucralose), Vitamins (Calcium-D-Pantothenate, Nicotinamide, Methylcobalamin), Colours (Anthocyanins, Patent Blue V). Allergen Advice: This product was manufactured in a facility that also processes ingredients containing gluten, egg, milk, soy, and lupin.



Food Supplement with Sweetener. Net Weight: 306g@

FOOD SUPPLEMENT