



WE BUILD CHAMPIONS



SUPPLEMENT FACTS

Serving Size: 6 g

Servings per Container: 133

Typical nutritional values

	/6 g	/100 g
Energy	24 kcal/99 kJ	400 kcal/1672 kJ
Protein	0 g	0g
Carbohydrates	0 g	0 g
Fat	0 g	0 g
Creatine Monohydrate	6000 mg	100 g

INGREDIENT: Creatine monohydrate



INTENSIVE TRAINING

Creatine increases physical performance in successive bursts of short-term, high intensity exercise. The beneficial effect is obtained with a daily intake of 6g of creatine. It is recommended to take Creatine Monohydrate for 4 consecutive weeks, several times during the year.



EXPLOSIVE INCREASES IN STRENGTH



INCREASES MUSCLE PUMP



PACKAGING: 800 G



USE: 6 G DAILY WITH WATER OR FRUIT JUICE BEFORE WORKOUT