

# Nutritional Facts

## Creatine Plus® Phase One

Serving Size Four Capsules

Nutritional Information:	One Cap	Four Caps	%NRV
Creatine Monohydrate	800mg	4000mg	*

### Ingredients:

Creatine Monohydrate, Capsule Shell (Hypromellose), Magnesium Stearate.

\* = NO EC NRV Established (NRV = Nutrient Reference Values)

### Diet Suitability:

This product is suitable for individuals with the following dietary requirements: Halal, GMO Free, Nut/Seed Free. This product is **NOT** suitable for vegetarians.

### Allergy Advice:

For allergens, see ingredients in **bold**.

Not recommended for children or pregnant women. Food Supplement not to be used as a substitute of a healthy lifestyle and balanced diet. Do not exceed recommended daily dose. Keep out of reach of children.

### Storage:

Keep sealed in a cool dry place out of direct sunlight.

### Directions for use:

For creatine loading take 25 capsules per day, with 500ml of water or a carbohydrate drink such as Pure Energy®. Training day, 5 capsules, 5 times per day e.g. 5 in the morning, 5 mid-morning, 5 mid afternoon, 5 before training and 5 after training. Non training days, take 5 capsules, 5 times per day at regular intervals.

# Nutritional Facts

## Creatine Plus® Phase Two

Serving Size Four Capsules

Nutritional Information:	One Cap	Four Caps	%NRV
Creatine Monohydrate	650mg	2600mg	*
Chitosan	150mg	600mg	*

### Ingredients:

Creatine Monohydrate, Chitosan, Capsule Shell (Hypromellose), Magnesium Stearate.

\* = NO EC NRV Established (NRV = Nutrient Reference Values)

### Diet Suitability:

This product is suitable for individuals with the following dietary requirements: Halal, GMO Free, Nut/Seed Free. This product is **NOT** suitable for vegetarians.

### Allergy Advice:

For allergens, see ingredients in **bold**.

Not recommended for children or pregnant women. Food Supplement not to be used as a substitute of a healthy lifestyle and balanced diet. Do not exceed recommended daily dose. Keep out of reach of children.

### Storage:

Keep sealed in a cool dry place out of direct sunlight.

### Directions for use:

For maintenance take 4 capsules per day, with 500ml of water or a carbohydrate drink such as Pure Energy®. Training day, 2 capsules 1hr before training and 2 capsules after training. Non-training day, 2 capsules before lunch and 2 capsules before dinner. Non training days, take 5 capsules, 5 times per day at regular intervals.