

Nutritional Facts

Creatine Boost® Orange

Serving Size 40g

Nutritional Information:	Per 100g	Per 40g serving
Energy	1222 kJ/288 kcal	488 kJ/115 kcal
Total Fat	nil	nil
Saturates	nil	nil
Carbohydrate	71.89 g	28.76 g
Sugars	71.89 g	28.76 g
Protein	nil	nil
Sodium	0.015 g	0.006 g
Potassium	44 mg	17.6 mg
Calcium	5.8 mg	2.32 mg
Magnesium	15.84 mg	6.34 mg
Creatine Monohydrate	16.2 g	6.48 g
L-Glutamine	2.7 g	1.08 g

Ingredients:

Dextrose, Creatine Monohydrate, L-Glutamine, Natural Orange Flavouring, Citric Acid, Beta Carotene (Natural Colouring), Magnesium Sulphate, Sodium Chloride, Sweetener (Sucralose), Potassium Chloride, Sucralose, (Sweetener), Calcium Chloride.

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

** = Branched Chain Amino Acid.

Diet Suitability:

This product is suitable for individuals with the following dietary requirements: Halal, GMO Free, Nut/Seed Free. This product is 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:

When to use: Drink before your work-out to ensure your body is sufficiently hydrated and ready for action. Sip during your session to keep hydration levels up and also deliver an explosive burst of creatine energy. This drink is also brilliant for recovery and the L-glutamine will help your body excrete lactic acid so you don't feel stiff the next day.

For creatine loading:

Have 3 servings per day. For example mid-morning, after lunch and midafternoon. Add one scoop to 500ml of water and shake/stir.