

**Recommended use\* loading phase:** Take 5g (approximately one level measure\*) and mix with 500ml of water, fruit juice or meal replacement 4 times a day at regular intervals for 5 days.

**Recommended use\* maintenance:** Take 5g (approximately one level measure\*) daily with 500ml of water, fruit juice or meal replacement.

\*recommended use based on a 75kg male.

†a measuring scoop is included in this container but may settle to the bottom during transit.

**Ingredients:** 100% Creapure® Creatine Monohydrate.



**WARNING:** Do not exceed stated dose. Not to be used by pregnant or lactating mothers. Not to be used for more than 8 weeks at a time. A recommended break of 4 weeks is advised before using again. Keep out of reach of young children.

**Guidance notice:** This product is a food supplement and should be used in conjunction with food as part of a healthy balanced diet not as a substitute for such. This product is not intended for use by persons under the age of 16.

Store in a cool dry place away from direct sunlight.



Best Before: See Side

reflex®

**Creapure®**  
**creatine**  
**monohydrate**

food supplement

**100**  
servings

**500g**e

### The best Creatine money can buy

Reflex Nutrition is a name synonymous with quality and performance which is why we work with the best manufacturers of Creatine in the World - AlzChem in Germany.

Production conditions and the selection and handling of raw materials are critically important in determining the quality of creatine monohydrate. Inferior raw materials or a production process that is not continuously monitored leads to the presence of impurities such as creatinine, dicyandiamide and dihydrotriazine.

Creapure® is the premium brand of creatine worldwide, and meets high individual standards of quality, safety and effectiveness. High-quality, and therefore safe, creatine products bear the Creapure® logo.

For more information on Creatine and its amazing performance effects please visit the official Creapure® website: [www.creapure.com](http://www.creapure.com)

#### Environmental statement

All Reflex Nutrition facilities are powered by 100% green renewable electricity. The container and lid used for this product are made from HDPE which is widely recyclable.

#### Made in the UK by:

Reflex Nutrition Ltd, Units 1 & 2 Stockwell Lodge,  
121 -131 Conway Street, Hove, BN3 3LA  
[www.reflex-nutrition.com](http://www.reflex-nutrition.com)

Please recycle



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