

CREATINE

MONOHYDRATE

EFFECTIV SPORTS NUTRITION

At EFFECTIV we are passionate about delivering you the best formulas at better value. Our single purpose is to develop products that help deliver the results you expect to achieve when you invest in supplements to improve your performance and physique.

CREATINE MONOHYDRATE

Creatine Monohydrate is a natural substance which converts into Creatine Phosphate in the body. This then produces Adenosine Triphosphate (ATP), the primary source of energy in the body. +Creatine Monohydrate has been found to improve physical performance in successive bursts of high intensity exercise such as weight training, sprinting or martial arts.

EFFECTIV
SPORTS NUTRITION

EFFECTIVTM
PHARMACEUTICAL GRADE

CREATINE

MONOHYDRATE

5g CREATINE
MONOHYDRATE

80 SERVINGS PER
CONTAINER

**+IMPROVES PHYSICAL
PERFORMANCE DURING
HIGH INTENSITY
EXERCISE**

400g

RECOMMENDED USE: As a food supplement, mix one serving (one heaped teaspoon) in water or a juice beverage.

Loading Phase: Use one serving, four times daily for five days.

Maintenance Phase: Then continue to use one serving per day as required. Use pre or post exercise.

NUTRITIONAL INFORMATION

| | |
|----------------------------|---------------------------|
| Serving Size: 1 Scoop (5g) | Servings Per Container 80 |
| Creatine Monohydrate | 5g |

INGREDIENTS: Creatine Monohydrate

Gluten Free.

Contents sold by weight, not volume. Settling may occur.

Do not exceed recommended intake.

Do not use as a substitute for a varied and balanced diet and a healthy lifestyle. Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.

Manufactured in the EU for EFFECTIV NUTRITION

Distributed in the EU by:

EFFECTIV NUTRITION

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NUMBER SEE BASE**

400g FOOD SUPPLEMENT

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