

## NUTRITIONAL INFORMATION

Serving size: 5 Capsules

Servings per container: 24

|                                                                                    | PER SERVING      | %RI* |
|------------------------------------------------------------------------------------|------------------|------|
| CREATINE MONOHYDRATE, CREATINE PYRUVATE &<br>CREATINE CITRATE<br>OF WHICH CREATINE | 4090mg<br>3000mg |      |
| GLYCINE                                                                            | 700mg            |      |
| TAURINE                                                                            | 600mg            |      |
| BETA-ALANINE                                                                       | 200mg            |      |
| ALPHA-LIPOIC ACID                                                                  | 100mg            |      |
| MAGNESIUM (AS MAGNESIUM CITRATE)                                                   | 60mg             | 16   |

\*Reference Intake of average adult (8400kJ/2000kcal).

**OTHER INGREDIENTS:** Anti-caking agents (Magnesium stearate, Silicium dioxide), Bovine gelatin.

The ingredients used to formulate this product are not sports banned substances. Professional athletes should refer to the USN website for more information on prohibited substances in sport.