

24
SERVINGS



IDEAL TIME



STAMINA



MUSCLE

RECOMMENDED USE

250ml + 5 CAPSULES = 1 SERVING

- Take 5 capsules with a glass of water 30 minutes before a workout. On non-training days take 5 capsules on an empty stomach first thing in the morning. Be sure to drink at least 2 to 3 litres of water per day while using this product.

BENEFITS

- Creatine increases physical performance in successive bursts of short-term, high intensity exercise**.
- Magnesium contributes to electrolyte balance, normal energy-yielding metabolism, normal muscle function, normal protein synthesis and a reduction of tiredness and fatigue.

PRODUCT INFORMATION

Creatine X4 is the new generation creatine that could be the supplement you were waiting for to take your physical performance to the next level.

It provides 3g creatine per serving, the dosage required to increase physical performance in successive bursts of short-term, high intensity exercise, combined with muscle supporting magnesium, as well as amino acids and alpha-lipoic acid.

IMPORTANT NOTICE: Consult your physician before use (especially if you suffer from a medical condition). Not recommended for pregnant/lactating women and individuals under the age of 18. Do not exceed the recommended daily intake. Food supplements should not replace a balanced, varied diet and healthy lifestyle. Only effective when combined with high intensity exercise.