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| Product Description | CREATINE 500G |
| Ingredients List | 100% Creatine Monohydrate |
| Allergen Statement | Suitable for vegetarians and vegans. Gluten, wheat, GMO free |
| Net Quantity | 500g |
| Storage Instructions | Store in a cool dry place |
| Instructions for Use | <p>Loading Phase: Take one (1) serving (approx. 1 level scoop, 5g) with morning, afternoon, evening meals and before bed for 4-5 days to help saturate your muscles with creatine.</p> <p>Maintenance Phase: Take one (1) serving (approx. 1 level scoop, 5g) with a meal or immediately after training with your post workout protein shake.</p> |
| Origin/Provenance | UK |
| Nutrition Information | 100% Creatine Monohydrate 5g |
| Nutrition Claims | |
| Health Claims | |
| Marketing Claims | |
| WARNINGS | <p>WARNING: DO NOT exceed four (4) servings (4 scoops/20g) per day. Not to be used by those under 18 years of age. This product is to be used in conjunction with a sensible diet and exercise programme for best results. Grenade® Essentials Creatine is a food supplement but should not be used as a substitute for a healthy, balanced diet and lifestyle. This product is not intended to diagnose, cure or prevent disease. Store in a cool, dry place away from strong light and odours. Store out of the reach of children.</p> |