

Product Description	USN 100% CREATINE X 4 CAPS 120																								
Ingredients List	Anti-caking agents (Magnesium stearate, Silicium dioxide), Bovine gelatin.																								
Allergen Statement	n/a																								
Net Quantity	120 Capsules																								
Storage Instructions	Keep this product in a cool, dry place out of reach of children																								
Instructions for Use	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.																								
Origin/Provence	Manufactured in Belgium.																								
Nutritional Information	<div><div>NUTRITIONAL INFORMATION</div><div>Serving size: 5 Capsules</div><div>Servings per container: 24</div><table><thead><tr><th></th><th>PER SERVING</th><th>%RI*</th></tr></thead><tbody><tr><td>CREATINE MONOHYDRATE, CREATINE PYRUVATE & CREATINE CITRATE</td><td>4090mg</td><td></td></tr><tr><td>OF WHICH CREATINE</td><td>3000mg</td><td></td></tr><tr><td>GLYCINE</td><td>700mg</td><td></td></tr><tr><td>TAURINE</td><td>600mg</td><td></td></tr><tr><td>BETA-ALANINE</td><td>200mg</td><td></td></tr><tr><td>ALPHA-LIPOIC ACID</td><td>100mg</td><td></td></tr><tr><td>MAGNESIUM (AS MAGNESIUM CITRATE)</td><td>60mg</td><td>16</td></tr></tbody></table><div>*Reference Intake of average adult (8400kJ/2000kcal).</div><div>OTHER INGREDIENTS: Anti-caking agents (Magnesium stearate, Silicium dioxide), Bovine gelatin.</div><div>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.</div></div>		PER SERVING	%RI*	CREATINE MONOHYDRATE, CREATINE PYRUVATE & CREATINE CITRATE	4090mg		OF WHICH CREATINE	3000mg		GLYCINE	700mg		TAURINE	600mg		BETA-ALANINE	200mg		ALPHA-LIPOIC ACID	100mg		MAGNESIUM (AS MAGNESIUM CITRATE)	60mg	16
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Nutrition Claims	<p>4-in-1 creatine stack with muscle supporting amino acids Increased strength and muscle performance.</p> <p>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.</p> <p>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.</p>																								
Health Claims	<p>Creatine increases physical performance in successive bursts of short-term, high intensity exercise.</p> <p>Magnesium contributes to electrolyte balance, normal energy-yielding metabolism, normal muscle function, normal protein synthesis and a reduction of tiredness</p>																								

	and fatigue.
Marketing Claims	
Warnings	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.