

Product Description	USN CREATINE MONOHYDRATE 500G
Ingredients List	Creatine Monohydrate
Allergen Statement	n/a
Net Quantity	
Storage Instructions	KEEP THIS PRODUCT IN A COOL, DRY PLACE OUT OF REACH OF CHILDREN
Instructions for Use	<ul style="list-style-type: none"> <li>• Creatine Loading: For the first 5 days of use, take 1 teaspoon 4 times daily with 250ml fruit juice or your favourite protein drink</li> <li>• Creatine Level Maintenance: After 5 consecutive days of loading, take 1 teaspoon 1 to 2 times daily with 250ml fruit juice for a period of 3 weeks. Stop usage completely for 3 weeks before starting with the cycle again</li> <li>• Important: Remember to drink 8-12 glasses of water per day whilst using this product</li> <li>• Only effective if combined with high intensity exercise</li> </ul>
Origin/Provenance	
Nutritional Information	Per 5g serving: Creatine Monohydrate: 5g Of which creatine: 4.4g
Nutrition Claims	USN's Micronised Creatine contains one of the most well-studied forms of creatine available. It is a water-soluble form with a good bioavailability. There is good scientific evidence that creatine can increase physical performance during short-term, high intensity, repeated exercise bouts, when taken at dosages of at least 3g.
Health Claims	<ul style="list-style-type: none"> <li>• Bioavailable pure crystallised creatine.</li> <li>• Creatine increases physical performance in successive bursts of short-term, high intensity exercise.</li> </ul>
Marketing Claims	
Warnings	IMPORTANT NOTICE: Please consult your physician prior to use if you have been diagnosed with a medical condition. Not recommended for pregnant/lactating women and individuals under the age of 18. Do not exceed the maximum daily intake (20g). Food supplements should not replace a balanced, varied diet and healthy lifestyle.