

**DIRECTIONS:** The beneficial effect is obtained with a daily intake of at least 3 grams of Creatine! Divide your bodyweight in kg by 3. That is the total amount of Creatine in grams you should take daily in the "loading phase" (first week of use). After that period, take no more than half of that amount for maintenance. Use on an empty stomach, mainly after training, with simple carbohydrates. Use 400 ml fluid for every 5 grams of Creatine to achieve proper solution. Don't take more than 10 grams in one sitting, spread out the daily dose!

Creatine is a nitrogenous organic acid that occurs in vertebrates. Approximately 95% of the Creatine in the body is located in skeletal muscle. It helps to supply energy to all cells, primarily muscle, by increasing the formation of Adenosine TriPhosphate (ATP) acting as cell energy reserve also for muscle contractions. 100% CREATINE contains the most studied Creatine form ever. Creatine in a 3 g daily dose is scientifically proven to increase performance in successive burst of short-term, high intensity exercise like weight training and interval cardio\*.

\*This statement has been scientifically proven and authorized by the European Food Safety Authority.

**Caution:** As with all exercise and nutritional programs, please consult your physician first. Keep out of the reach of children!

**Store in a cool, dry place. Heat and sunlight may damage the bottle!**

# SCITEC NUTRITION®

## 100% CREATINE MONOHYDRATE

# 100% CREATINE

### 300 GRAMS

FOOD SUPPLEMENT

### Supplement Facts

Serving size: 5 g (approximately 1 teaspoon)  
Servings per container: 60

Amount Per Serving	RDA%*
Creatine Monohydrate 5000 mg	†

\*RDA%: Percent of the Recommended Daily Allowance.  
† RDA not established in the EU.

**INGREDIENTS:** Creatine Monohydrate.

**Allergen info:** Manufactured in a facility that processes milk, soy and egg proteins, and gluten, peanuts!

**Best before end:** see on packaging.

**Batch number:** see on packaging.

Formulated by and manufactured for  
**SCITEC NUTRITION®**

P.O. Box 431975, Miami, FL 33243, USA

Made in EU.

[www.ScitecNutrition.com](http://www.ScitecNutrition.com)

Distributed by Scitec Kft.,

1134 Budapest, Váci út 49., Hungary



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# SCITEC NUTRITION®

## 100% CREATINE MONOHYDRATE

# 100% CREATINE

### 500 GRAMS

FOOD SUPPLEMENT

### Supplement Facts

Serving size: 5 g (approximately 1 teaspoon)  
Servings per container: 100

Amount Per Serving	RDA%*
Creatine Monohydrate 5000 mg	†

\*RDA%: Percent of the Recommended Daily Allowance.  
† RDA not established in the EU.

**INGREDIENTS:** Creatine Monohydrate.

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