

# SCITEC NUTRITION®

**DIRECTIONS:** The beneficial effect is obtained with a daily intake of at least 3 grams of Creatine! With capsuled Creatine "slow loading" is suggested: take 5 capsules a day on an empty stomach with ample fluids, mainly after training, preferably with simple carbohydrates. Typically in 30 days muscle Creatine saturation will have increased significantly. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such.

Creatine is a nitrogenous organic acid that occurs in vertebrates. Approximately 95% of the Creatine in the body is located in skeletal muscle cells. These cells can store more Creatine than what you normally get from your daily diet and is synthesized by the body. By supplementing your diet with Creatine, your muscles will retain more Creatine. Creatine in a minimum of 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\*. MEGA CREATINE provides our MicronTec micronized Creatine (smaller particle sizes)!

\*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.

PURE MICRONTEC  
MICRONIZED CREATINE

# MEGA CREATINE

150 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving size: 5 capsules

Servings per container: 30

| Amount per serving           | RDA%* |
|------------------------------|-------|
| Creatine monohydrate 5000 mg | †     |

\*RDA%: Percent of the Recommended Daily Allowance.

† RDA not established in the EU.

**Ingredients:** MicronTec (micronized Creatine Monohydrate), Carrier (Magnesium Stearate), Gelatin (capsules).

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

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

**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)

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