



100
SERVINGS

NUTRITECH CREATINE MONOHYDRATE has been specifically formulated to replenish ATP, giving your muscles the energy they need for intensive exercise. Your body has only a limited supply of ATP, which usually lasts a few seconds during intense exercise. While your body produces its own supply of Creatine, this is not sufficient to supply your muscles with the added energy they need for intensive exercise. NUTRITECH CREATINE MONOHYDRATE has been designed to increase the production of energy that enables muscles to perform at a higher intensity.

DIRECTIONS FOR USE

As a dietary supplement, take 1 flat scoop (approx. 5 g) 2-3 times a day, evenly spaced, on an empty stomach. Optional 8-week Creatine Monohydrate loading and maintenance cycle (see below).



Take 1 flat scoop



Take 2-3 times a day



Evenly spaced throughout the day

LOADING AND MAINTENANCE CYCLE

WEEK 1

Loading Phase
20 g per day

WEEKS 2-5

Maintenance Phase
10-15 g per day

WEEKS 6-8

Off
No Creatine



Repeat Cycle

SERVING SUGGESTION

NUTRITECH[®]
NUTRITION TECHNOLOGY

CREATINE MONO

MICRONISED CREATINE MONOHYDRATE POWDER SUPPLEMENT
HELPS INCREASE MUSCLE SIZE, STRENGTH + RECOVERY
ULTRA PURE PHARMACEUTICAL GRADE

UNFLAVOURED

NUTRITECHFIT.COM

5000 mg
per serving

MUSCLE

STRENGTH

WHEN TO TAKE



Net Weight 500 g (1.1 lbs)



MANUFACTURED IN A
ISO 22000
CERTIFIED FACILITY.



ATHLETE SAFE

MANUFACTURED FREE OF
BANNED SUBSTANCES.

TYPICAL NUTRITIONAL INFORMATION (as packed)

Single Serving Size: 5 g (1 rounded teaspoon)
Servings Per Container: 100

	Per 100 g	Per Single Serving	NRV* per serving
Energy (kJ)	0	0	
Protein (g)	0	0	
Carbohydrates (g)	0	0	
of which total sugar (g)	0	0	
Total Fat (g)	0	0	
of which Saturated fat (g)	0	0	
Dietary Fibre (g)	0	0	
Total Sodium (mg)	0	0	
Creatine monohydrate (g)	100	5	

*Nutrient reference values (NRVs) for individuals from the beginning of 37 months and older expressed per single serving.
Dietary Fibre method of analysis – AOAC – 991.43

INGREDIENTS:
Creatine Monohydrate

ALLERGEN INFORMATION:
Contains no common allergens.
Manufactured in a facility that uses eggs, dairy, soy, wheat (gluten) and nuts.

IMPORTANT NOTICE:
Regular training and proper nutrition are essential for achieving your goals. This product is not intended to diagnose, treat, cure, or prevent any disease. Consult your doctor prior to using this product especially if you have any suspected or known medical condition. Do not exceed recommended daily intake. Dietary supplements should not replace a proper diet.

These statements have not been evaluated by The Medicines Control Council (MCC). This product is not intended to diagnose, treat, cure, or prevent any disease. Consult your doctor prior to using this product especially if you have any suspected or known medical condition. Do not exceed recommended daily intake. Dietary supplements should not replace a proper diet.

BEST BEFORE: SEE TOP OF CONTAINER.

KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL DRY PLACE.



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NUTRITECH[®]

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Manufactured in South Africa

Manufactured in South Africa at
NUTRITECH'S ISO 22000 Certified Facility.



TRAIN LIKE A PRO

NUTRITECHFIT.COM