

Information nutritionnelle moyenne:

1 dose 5g (1 mesure) **Portions:** 100

Average nutritional information:

1 serving 5g (1 scoop) **Servings :** 100

Información nutricional media:

1 dosis de 5g (1 dosificador) **Porciones:** 100

Informação nutricional média:

1 dose 5g (1 doseador) **Doses:** 100

Par/for/ Por	5 g
CREATINE MONOHYDRATE	5 g

A creatine is a nonessential aminoacid which is mostly present in muscle mass, its main effects range from nitropumping to muscle volumization, energy increase and protein syntheses increase.

At least 3g of creatine on the daily will massively increase your performance in strength based, high intensity exercises such as weight lighting and prolonged cardio.*

*These statements were certified and scientifically proven by the European Food Safety Authority(EFSA) and by the European Commission(EC).