

**Each capsule provides:** 700mg  
Creapure® creatine monohydrate.

**Directions for use:** Take 2 capsules 3  
times daily with water on an empty  
stomach.

**Ingredients:** In a 2 piece gelatine  
capsule: Creapure® creatine  
monohydrate.

Reflex® is a registered trademark of Reflex  
Nutrition Ltd.

Creapure® is a registered trademark of  
AlzChem Trostberg GmbH.

Reflex Nutrition cares for the environment, the  
electricity used at our factory is 100% green  
renewable energy. Please remember to  
recycle this container.



reflex®

  
**creatine**  
in convenient easy to swallow capsules

90 Capsules

Reflex® Nutrition is a name synonymous with  
quality and performance which is why we work  
with the manufacturers of the best Creatine in  
the world - AlzChem in Germany.

Creapure® is the premium brand of creatine  
worldwide and meets high individual standards  
of quality, safety and effectiveness. The  
highest quality and therefore safest creatine  
products bear the Creapure® logo.

For more information on Creatine and its  
amazing performance effects please visit the  
official Creapure® website:  
[www.creapure.com](http://www.creapure.com)

**Made in the U.K by:**  
Reflex Nutrition Ltd  
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121-131 Conway Street,  
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[www.reflex-nutrition.com](http://www.reflex-nutrition.com)