

Instructions for use: To be used as a dietary supplement to help increase strength, energy and endurance.

Loading Phase: Take one measure (approx. 5gms) and mix with 500ml of water, fruit juice or meal replacement 4 times a day at regular intervals for 5 days.

Maintenance: Take one measure (approx. 5gms) daily with 500ml of water, fruit juice or meal replacement.

Warnings: Do not exceed stated dose. Not to be used by pregnant or lactating mothers. Not to be used for more than 8 weeks at a time. A recommended break of 4 weeks is advised before using again

Ingredients: 100% CREAPURE® Creatine Monohydrate.

Reflex Nutrition Ltd offers a full unconditional money back guarantee. If for any reason you are not 100% satisfied you may return your purchase for a full refund of your purchase price

Store in a cool dry place



reflex®

Reflex® is a registered trademark of Reflex Nutrition Ltd

Creapure® is registered trademark of AlzChem Trotsberg GmbH

reflex®

Creapure™

**creatine
monohydrate**

**100
servings**

Net Weight 500gme

Best Before: See Side

The Best Creatine Money Can Buy

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

Production conditions and the selection and handling of raw materials are critically important in determining the quality of creatine monohydrate. Inferior raw materials or a production process that is not continuously monitored leads to the presence of impurities such as creatinine, dicyandiamide and dihydrotriazine.

CREAPURE® is the premium brand of creatine worldwide, and meets high individual standards of quality, safety and effectiveness. High-quality, and therefore safe, creatine products bear the Creapure® logo.

For more information on Creatine and its amazing performance effects why not visit the official CREAPURE® website:

www.creapure.com

www.reflex-nutrition.com

Made in the U.K by:
Reflex Nutrition Ltd
Units 1 & 2 Stockwell
Lodge,
121-131 Conway Street,
Hove, BN3 3LA

