



100% PURE CREATINE



PROLINE's 100% PURE CREATINE Monohydrate is micronized for greater solubility and to stay suspended in solution longer. Creatine Monohydrate is a naturally occurring metabolite found in muscle tissue. Creatine plays an essential role in energizing muscle tissue & enhancing athletic performance. Creatine Monohydrate also increases strength, endurance, and muscle mass.

 100% PURE CREATINE MONOHYDRATE
1 KG: 70019900419-2

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (5.0 g) / Portion: 1 cuillère (5,0 g)
Servings Per Container: 200 / Portions par contenant : 200

Amount / Quantité	per 1 Scoop (5.0 g) / par 1 cuillère (5,0 g)	per 100g / par 100 g
Micronized Creatine Monohydrate	5.0 g	100.0 g

SUGGESTED USE: Mix 1 scoop of **100% PURE CREATINE** mixed in 250ml of water or your favorite beverage 2 times per day. It is recommended that you drink plenty of water or performance beverage such as **PROLINE BCAA Stack** or **Vegan BCAA**.

UTILISATION SUGGÉRÉE : Mélanger 1 cuillère de **100% PURE CREATINE** dans 250ml d'eau ou de votre breuvage préféré 2 fois par jour. Il est recommandé de boire abondamment d'eau ou breuvage qui aide à la performance, tel que le **PROLINE BCAA Stack** ou **Vegan BCAA**.

RISK INFORMATION: Consult a health care practitioner prior to use if you have a kidney disorder or if you are pregnant or breast feeding. May result in weight gain.

INFORMATIONS SUR LES RISQUES : Consulter un professionnel de la santé avant d'utiliser si vous souffrez de troubles rénaux, êtes enceinte ou allaitez. Peut entraîner un gain de poids.