

# CREATINE-JB



MUSCLE GROWTH / MUSCLE STRENGTH / MUSCLE ENERGY

## Recommended Dosage

**1 SCOOP (8G) + 170-230ml**  
Non-caffeinated drink (for optimal results)

### Regular training days (including rest days)

Take 1 scoop per day

### Very hard training days

Take 1 scoop in the morning + 1 scoop at night

## What else should I take?

### Endurance athletes

We recommend taking Creatine-JB alongside other products aimed at improving muscle growth and recovery, for example Xendurance Protein and Xendurance tablets.

### CrossFit / Gym athletes

We recommend taking Creatine-JB alongside other products aimed at improving muscle growth and recovery, for example Xendurance Protein, and also other products containing lactate, for example Xendurance tablets, Fuel-5 and Hydro X.

## How should I take them?

### Consume with a non-caffeinated drink

Mix the Creatine-JB with some non-caffeinated drink, for example with water. This helps to increase the absorbency. Avoid taking it with caffeinated drinks as these are slightly acidic, and so slightly reduces the effectiveness.

### Ensure you take it every day

Creatine gets used up during exercise, and does not get 'stored' for long in the body. For this reason it needs to be taken every day, including rest days.

### Keep hydrated

Creatine-JB is made with 100% Creapure®, which is the most bioavailable form of creatine, so is generally better absorbed than other forms. However, it is still important to stay hydrated and useful to consume extra water when taking creatine, to avoid any bloating.

Vegan friendly / Non-GMO / Gluten free / Preservative Free

**TEAM XND**