

## DYMATIZE® CREATINE MONOHYDRATE

Break your limits during workouts



### Product description

— Break your limits during workouts! —

Are you longing for an additional performance boost during hard training exercises? Creatine increases physical performance in successive bursts of short-term, high intensity exercise.

Like you, at Dymatize we don't compromise on quality and therefore we only use Creapure® - a premium quality creatine monohydrate. Creatine is a naturally occurring substance in the human body. It plays a vital role in transporting and storing energy in every cell. A daily supplementation of 3 g creatine for a minimum of 4 weeks has already shown to increase total muscle creatine content. Added to water or any caffeine-free drink, unflavoured and ultra-pure Dymatize® CREATINE MONOHYDRATE is the perfect choice during intensive training periods.

- 100% premium quality Creapure® creatine monohydrate made in Germany
- Creatine increases physical performance in successive bursts of short-term, high intensity exercise
- Outstanding solubility
- Unflavoured
- Suitable for vegans, free from gluten and free from lactose
- Banned substance tested by "Informed-Choice" for athletes' assurance and highest product quality

## Suggested usage

- Max. 1 serving per day, delivers 3 g Creatine. The beneficial effect is obtained with a daily intake of 3 g of creatine, recommended for min. 4-6 weeks.
- Not for children and adolescents. For adults - use only during intensive training periods.
- Mixing instruction (1 portion): Mix 1 scoop (=3,4 g) with water or a caffeine-free beverage - scoop included.
- This food supplement should not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are important. Do not exceed the recommended daily intake. Keep out of reach of young children.

## Technical information

- 300 g per jar (88 servings)
- 12 jars per case
- Store in a cool, dry place.
- Close after opening.
- Sold by weight, not volume.
  
- Distributor: Active Nutrition International GmbH, Zielstattstrasse 42, D-81379 München, Phone +49 (0)89 502 007 0, [www.dymatize.com](http://www.dymatize.com)

### **300 g jar**

SKU	EAN jar	EAN case
25090003	4029679676879	4029679676886

- 500 g per jar (147 servings)
- 12 jars per case
- Store in a cool, dry place
- Close after opening.
- Sold by weight, not volume.

### **500 g jar**

SKU	EAN jar	EAN case
25100003	4029679676916	4029679676923



### Legal domination

Food supplement based on creatine. Unflavoured powder.

### Ingredients

Creatine monohydrate. May contain: **eggs, soy, milk.**

### Nutrition Information

Nutrition information	per serving (=3,4 g)
Creatine	3,0 g