Product Description	CREATINE 500G
Ingredients List	100% Creatine Monohydrate
Allergen Statement	Suitable for vegetarians and vegans. Gluten, wheat, GMO free
Net Quantity	500g
Storage Instructions	Store in a cool dry place
Instructions for Use	Loading Phase: Take one (1) serving (approx. 1 level scoop, 5g) with morning, afternoon, evening meals and before bed for 4-5 days to help saturate your muscles with creatine. Maintenance Phase: Take one (1) serving (approx. 1 level scoop, 5g) with a meal or immediately after training with your post workout protein shake.
Origin/Provenance	UK
Nutrition Information	100% Creatine Monohydrate 5g
Nutrition Claims	
Health Claims	
Marketing Claims	
WARNINGS	WARNING: DO NOT exceed four (4) servings (4 scoops/20g) per day. Not to be used by those under 18 years of age. This product is to be used in conjunction with a sensible diet and exercise programme for best results. Grenade® Essentials Creatine is a food supplement but should not be used as a substitute for a healthy, balanced diet and lifestyle. This product is not intended to diagnose, cure or prevent disease. Store in a cool, dry place away from strong light and odours. Store out of the reach of children.