NUTRITIONAL INFORMATION
Serving size: 5 Capsules
Servings per container: 24

	PER SERVING	%RI*
CREATINE MONOHYDRATE, CREATINE PYRUVATE & CREATINE CITRATE	4090mg	
OF WHICH CREATINE	3000mg	
GLYCINE	700mg	
TAURINE	600mg	
BETA-ALANINE	200mg	
ALPHA-LIPOIC ACID	100mg	
MAGNESIUM (AS MAGNESIUM CITRATE)	60mg	16

*Reference Intake of average adult (8400kJ/2000kcal).

OTHER INGREDIENTS: Anti-caking agents (Magnesium stearate, Silicium dioxide), Bovine gelatin.

The ingredients used to formulate this product are not sports banned substances. Professional athletes should refer to the USN website for more information on prohibited substances in sport.