



## Sanct Bernhard Sport Creatine Monohydrate

Nutritional supplement

**Useful information:** Our high-quality creatine monohydrate provides an effective way to enhance physical performance during high-speed strength training in the context of short-term, high-intensity activity, which is warranted at our recommended consumption amount of 3 grams daily. A balanced diet plays a crucial role for athletes, especially for strength athletes interested in muscle growth. Our creatine monohydrate powder makes it possible to meet the daily creatine requirement and thus provide the body with sufficient energy. The powder is easy to dose and can be mixed into water or juice. It is neutral in taste and dissolves quickly so that it can be easily drunk before or after training. The best natural supplement for sport!

**Ingredients:** Creatine Monohydrate (100 %).

	<b>per portion (=daily dose)</b>
Creatine Monohydrate	3.5 g
of which creatine	3 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

**Recommended use:**

Stir ¼ measuring spoon (approx. 3.5 g) well into 250-300 ml of water or juice and drink. Take once daily, preferably before or after training. Be sure to drink plenty of water during consumption.

People who suffer from heart, kidney or liver complaints should consult a doctor prior to taking these capsules. Not for pregnant and breastfeeding women, children and adolescents.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contents 600 g**

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[www.sanct-bernhard-sport.com](http://www.sanct-bernhard-sport.com)