

H24 CREATINE+

FOR EVERYBODY



SKU: 488K

Ingredients:

Creatine monohydrate, calcium carbonate, Niacin (nicotinamide), Pantothenic acid (calcium D-pantothenate), Vitamin B12 (cyanocobalamin), Thiamin (thiamin hydrochloride), Vitamin B6 (pyridoxine hydrochloride), Riboflavin.

MAY CONTAIN SOYA, MILK AND EGGS.

Nutritional Information

Serving Size: 3.8 g Servings per Container: 60

	Per 100 g	Per 3.8 g (1 scoop)	% NRV*
Energy	4 kJ	0 kJ	**
Protein	0.0 g	0.0 g	0 %
Glycaemic Carbohydrate	0 g	0 g	**
of which: total sugar	0.0 g	0.0 g	**
Total Fat	0.0 g	0.0 g	**
of which: saturated fat	0.0 g	0.0 g	**
Dietary Fibre***	0.0 g	0.0 g	**
Total Sodium	0 mg	0 mg	**
VITAMINS			
Niacin	63.0 mg	2.4 mg	15 %
Pantothenic Acid	23.7 mg	0.9 mg	18 %
Riboflavin	5.5 mg	0.2 mg	16 %
Thiamin	4.7 mg	0.2 mg	15 %
Vitamin B6	5.5 mg	0.2 mg	12 %
Vitamin B12	10 µg	0.4 µg	16 %
MINERAL			
Calcium	3829.0 mg	145.5 mg	11 %
OTHERS			
Creatine Monohydrate	89.8 g	3.4 g	**
of which: creatine	78.9 g	3.0 g	**

* Nutrient Reference Values (NRVs) for individuals 4 years and older

** NRV not established

*** Fibre content calculation based on AOAC 2009.01 method

H24 Creatine+ can support your workouts when you need it.

H24 Creatine+ is a versatile tool designed for both men and women performing high-intensity exercise. If you're looking to support your overall goals, H24 Creatine+ is a great option.

95 % of creatine in the body is stored in skeletal muscle, primarily known as phosphocreatine. While creatine can be found in foods like meat, fish, and chicken, these sources typically provide only small amounts. That's where creatine products, like H24 Creatine+, can come into play.

H24 Creatine+ is a source of niacin, pantothenic acid, riboflavin, thiamin and vitamin B12.

DIRECTIONS FOR USE:

- Take approximately 3 g of creatine daily for at least 28 days, or approximately 0.3 g per kg of body weight daily for 5-7 days.
- Add 3.8 g of powder (approximately 2 x 3 cc scoops) to 200 ml of water and shake well. Try adding to your favourite H24 shake, can be taken any time of day. Use once daily.
- Use this product within a balanced and varied diet, as part of a healthy, active lifestyle.

WHY CHOOSE H24 CREATINE+

- Creatine is one of the world's most studied ingredients for sports performance.
- H24 Creatine+ is a source of niacin, pantothenic acid, riboflavin, thiamin and vitamin B12.
- Developed by sports nutrition experts.

** For this effect it is necessary to load with approximately 20 g per day for 5-7 days and maintaining at approximately 3 g per day after.*