SUPPLEMENT FACTS

SERVING SIZE: 1 SCOOP (5 g) | **DAILY SERVING SIZE:** 2 SCOOPS (10 g)
SERVINGS PER CONTAINER: 60 | **DAILY SERVINGS PER CONTAINER:** 30

Content	per 100 g product	per serving (5 g)	per daily serving (10 g)
Creatine monohydrate	100 g	5000 mg	10000 mg
of which			
- Creatine	87,92 g	4396 mg	8792 mg

Ingredients: 100% Creatine monohydrate.

Allergen information: Made in a facility that uses gluten, milk, soy, egg and nuts.

SERVING SIZE 5 g | DAILY SERVING 10 g

SUPERIOR14

DISTRIBUTOR:
SUPERIOR 14 SUPPLEMENT
CORLIV PRODUCTION KFT, JÓZSEF ATTILA UTCA 4-6., 1042 BUDAPEST, HUNGARY

SUPERIOR14®

UNFLAVOURED

TRAIN LIKE A LEGIONARY RISE LIKE THE LEGION
LEGIO XIV. GEMINA M.V.

100% CREATINE MONOHYDRATE

INCREASE PHYSICAL PERFORMANCE
5 g CREATINE MONOHYDRATE PER SERVING

300 NET WT. GRAMS | 30 DAILY SERVINGS

100% CREATINE MONOHYDRATE

UNFLAVOURED, 100% CREATINE MONOHYDRATE CONTAINING FOOD SUPPLEMENT POWDER.

Creatine in a minimal 3 g daily dose is scientifically proven to **increase physical performance** in successive burst of short-term, high intensity exercise like weight training and interval cardio. The beneficial effect is obtained with a daily intake of 3 g of creatine.

Instructions for use: Mix 1 scoop (5 g) with 250 ml of cold water.
On training days, take one serving before your workout and one serving after your workout. On rest days, take one serving in the morning and one serving in the afternoon. Recommended daily dose: 2 scoops (10 g). Do not exceed the recommended daily dose!

Warnings: Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended dosage! Keep out of reach of children.

Best before: See the date indicated on the bottom of the bottle.

Storage conditions: Store bottle tightly closed between 5-30°C. Keep away from direct heat, moisture and sunlight. Do not store for more than 6 months after opening.

NEW DESIGN SAME STANDARDS

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300 NET WT. GRAMS

MADE IN EU

01 PET 05 PP