SUPPLEMENT FACTS

PORTION SIZE: 2 CAPSULES | **DAILY PORTION SIZE:** 4 CAPSULES
PORTIONS/DAILY PORTIONS PER CONTAINER: 60/30

Content	per portion (2 capsules)	per daily portion (4 capsules)
Creatine Monohydrate of which	1744 mg	3488 mg
-Total Creatine	1533 mg	3066 mg
Green Tea (*Camellia sinensis*) leaf extract	192 mg	384 mg
-Polyphenols	77 mg	154 mg
-Catechins	38 mg	77 mg
-EGCG	16 mg	33 mg
-Caffeine	15 mg	31 mg

Ingredients: Creatine monohydrate, Capsule shell (Gelatin), Green tea (*Camellia sinensis*) leaf extract (standardized to 40% Polyphenols, 20% Catechins, 8.5% EGCG and 5% Caffeine), Anti-caking agents (Silicon dioxide, Calcium phosphates).
Allergen information: Made in a facility that uses gluten, milk, soy, egg and nuts.

NEW DESIGN SAME STANDARDS

SUPERIOR14

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

SUPERIOR14

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

KREALKA MAX

FOOD SUPPLEMENT | 30 DAILY PORTIONS

CREATINE MONOHYDRATE & GREEN TEA EXTRACT
3488 mg CREATINE MONOHYDRATE
PER DAILY PORTION

140 NET WT. GRAMS | 120 CAPSULES

KREALKA MAX

CREATINE MONOHYDRATE AND GREEN TEA EXTRACT CONTAINING FOOD SUPPLEMENT CAPSULE.
Creatine in a minimal 3 g daily dose is scientifically proven to incrase 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: Take 4 capsules daily with plenty of water or other liquid. On training days take 1 portion prior to workout. On non-workout days consume one serving as your first meal in the morning.
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.
Should not be consumed if you are consuming other products containing green tea on the same day. Should not be consumed by pregnant or lactating women and children below 18 years. The daily consumption of epigallocatechin-3-gallate can not reach or exceed 800 mg. Should not be consumed on an empty stomach. **Contains caffeine! Not recommended for children or pregnant women or breast-feeding women! (15 mg/portion; 31 mg/daily portion).**
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.

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140 NET WT. GRAMS

MADE IN EU

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