



**MUSCLE ROCK**

# CREATINE MONO



**IDEAL CONSUMPTION PATTERN:**

When : Before Working Out.

With : Minimum 4-5 litres of water daily, while consuming creatine monohydrate.

**ABOUT CREATINE MONOHYDRATE:**

Creatine Monohydrate is widely used in sports nutrition as creatine is usually stored in the muscles, and is needed most when repeated bursts of maximum power are required, e.g. cranking out heavy lifts, workouts, sports, etc. To consistently perform at our highest level, we need a sufficient amount of creatine in the body. It helps curb age related loss of muscle mass and strength and improves mental activity.

**RECOMMENDED USAGE:**

Consume 3g of the product, once a day in water, juice, protein shakes, or gainers. Make sure to stir the product well, to dissolve it completely before consumption. Not to exceed the recommended daily usage.



Mkt. By:-

**Muscle Rock**

Hisar , 125033 Haryana



Muscle Building

CREATINE MONOHYDRATE



Performance & Strength

L-CITRULINE



Growth & Repair Body Tissues

L-ARGININE

Dietary Supplement  
Net Wt.: (300g)



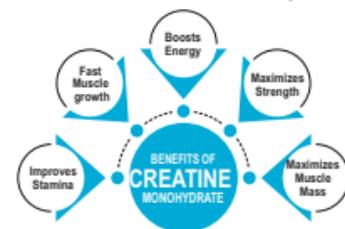
**NUTRITION INFORMATION**

Serving Size : 3g / No. of Servings 83

| Ingredient                      | Amount per serving | %RDA Value |
|---------------------------------|--------------------|------------|
| MICRONIZED CREATINE MONOHYDRATE | 3g                 | -          |

\*%RDA value established as per ICMR guidelines 2020-Men (Moderate Work).  
-%RDA value not established.  
Appropriate overages of vitamins added to compensate the loss of potency during storage.

**INGREDIENTS :** Micronized Creatine Monohydrate.



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