

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.



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Mfg By:
Body Spartans Nutrition

Plot No-7 Near Sahana Place Sarswati Vihar, Hansi
125033(HRY)INDIA



MUSCLE ROCK

CREATINE MONO



Muscle Building

CREATINE MONOHYDRATE



Performance & Strength

L-CITRULINE



Growth & Repair Body Tissues

L-ARGININE

Dietary Supplement
Net Wt.: (300g)

BANNED
SUBSTANCE
TESTED

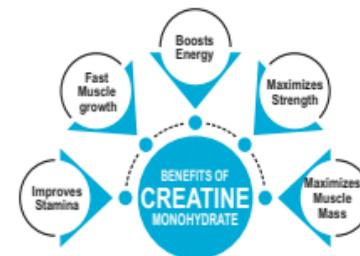
NUTRITION INFORMATION

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.



Mkt. By:-

Muscle Rock

Hisar ,125033 Haryana