

CREATRANS

LEMON-LIME FLAVOURED CREATINE DRINK POWDER
WITH AMINO ACIDS VITAMINS MINERALS AND SWEETENERS

CREATINE INCREASES PHYSICAL PERFORMANCE IN SUCCESSIVE BURSTS OF SHORT-TERM, HIGH INTENSITY EXERCISE. THE BENEFICIAL EFFECT IS OBTAINED WITH A DAILY INTAKE OF 3 g OF CREATINE. VITAMIN C CONTRIBUTES TO MAINTAIN THE NORMAL FUNCTION OF THE IMMUNE SYSTEM DURING AND AFTER INTENSE PHYSICAL EXERCISE, AND NORMAL ENERGY-YIELDING METABOLISM. MAGNESIUM, RIBOFLAVIN, NIACIN, PANTHOTENIC ACID, VITAMIN B6, B12, C CONTRIBUTE TO THE REDUCTION OF TIREDNESS AND FATIGUE.

RECOMMENDED USE: Mix 1 serving (40 g = 1 leveled scoop = 3 heaped tablespoons) product with 300 ml water in a shaker bottle. On training days, consume 1 serving in the morning before meal and 1 serving before your workout. On resting days, take 1 serving in the morning and 1 serving in the afternoon before meal.

INGREDIENTS: maltodextrin, **Creatine Complex** 19.4% [buffered creatine monohydrate (micronized creatine monohydrate, magnesium oxide), creatine citrate (micronized creatine monohydrate, calcium salts of citric acid), micronized creatine monohydrate], **Amino Acid Complex** 12.7% [instant L-Leucine (L-Leucine, emulsifier: lecithins, maltodextrin), L-Citrulline, L-Arginine hydrochloride, L-Isoleucine, L-Valine], natural flavourings, **Vitamineral Complex** 2.2% (magnesium salts of citric acid, calcium salts of orthophosphoric acid, L-ascorbic acid, potassium salts of orthophosphoric acid, DL-alpha-tocopheryl acetate, nicotinamide, retinyl acetate, D-pantothenate, calcium, cholecalciferol, thiamin mononitrate, pyridoxine hydrochloride, riboflavin, pteroylmonoglutamic acid, D-biotin, cyanocobalamin), acid (citric acid), sweeteners (sucralose, acesulfame K).

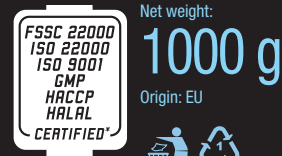
Made in a plant that manufactures milk, egg, gluten, soy, crustaceans, sulphur dioxide and nuts containing foods.

WARNINGS: The product does not replace a varied and balanced diet and a healthy lifestyle. Not recommended for pregnant or breast-feeding women. Not recommended for people who take anti-hypertensiv medicines or who have hypotension.

BEST BEFORE See in the white field. Store product tightly closed in a cool, dry place.

BioTechUSA™

Distributed by BioTech USA Kft. 1033
Budapest, Kiscsikós köz 11., Hungary



Net weight:

1000 g

Origin: EU



* BioTechUSA operates FSSC 22000 food safety management system, ISO 9001:2008 quality management system and ISO 22000:2005 food safety management system certified by NQA. The facility is HACCP, GMP, HALAL certified.



LOT / EXP

BioTechUSA™

CREATRANS

CREATINE TRANSPORT DRINK POWDER

WITH AMINO ACIDS VITAMINS MINERALS AND SWEETENERS



NO ADDED SUGAR

14 G CREATINE DAILY

1000

GRAM

Nutrition Facts Serving size: 40 g Servings per container: 25 Daily amount: 2 servings (80 g)				
	100 g	RI* (100 g)	40 g	80 g
Energy	1065 kJ/250 kcal	13%	426 kJ/100 kcal	852 kJ/200 kcal
Fat	0 g	0%	0 g	0 g
-of which saturates	0 g	0%	0 g	0 g
Carbohydrate	61 g	23%	24 g	49 g
-of which sugars	5.7 g	6%	2.3 g	4.6 g
Protein	0 g	0%	0 g	0 g
Salt	0.01 g	<1%	<0.01 g	<0.01 g
Vitamins and minerals	100 g	NRV** (100 g)	40 g	80 g
Vitamin A	878 µg	109%	351 µg	702 µg
Tiamin	1.6 mg	145%	0.64 mg	1.3 mg
Riboflavin	1.6 mg	114%	0.64 mg	1.3 mg
Vitamin B6	1.6 mg	114%	0.64 mg	1.3 mg
Vitamin B12	4.8 µg	192%	1.9 µg	3.8 µg
Vitamin C	509 mg	636%	203 mg	407 mg
Vitamin D	5.3 µg	106%	2.1 µg	4.2 µg
Vitamin E	7.1 mg	59%	2.8 mg	5.7 mg
Folic acid	212.66 µg	106%	85.06 µg	170 µg
Niacin	16 mg	100%	6.4 mg	13 mg
Pantothenic acid	5.3 mg	88%	2.1 mg	4.2 mg

* Reference intake of an average adult (8400 kJ/2000 kcal).

** Nutrient reference value for adults.

No added sugar. Contains naturally occurring sugars.

Other ingredients	in 1 serving (40 g)	in 2 servings (80 g)
Creatine Complex	7.7 g	15 g
- of which creatine	6.8 g	14 g
Amino Acid Complex	5 g	10 g
- of which BCAAs	3 g	6 g
- L-citrulline	1 g	2 g
- L-arginine hydrochloride	1 g	2 g