

**BioTech**USA

## EFFERVESCENT TABLETS WITH SWEETENER

## LACTOSE GLUTEN ASPARTAME FREE FREE

TABLETS

## LIE GRAPE FLAVOURED EFFERVESCENT TABLETS WITH SWEETENER FOR ADULTS PERFORMING HIGH INTENSITY EXERCISE Formulated by and manufactured for mulated by and manufactured for DE DECEMBER 10.0

P.O.Box 9000 U.S.A. Ft. Lauderdale, FL 33340 Distributed by BioTech USA Kft. 1033 Budapest, Kiscsikós köz 11., Hungary

Net weight: 76 g Origin: EU

## 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.

INGREDIENTS: creatine monohydrate 42%, acid (citric acid), acidity regulator (sodium carbonates), maltodextrin, flavour, sweetener (sucralose), colours (beetroot red, sulphite ammonia caramel). RECOMMENDED USE: Put 1 effervescent tablet into 200 ml cold water. Consume 2x1 tablet daily. Do not exceed the recommended dosage! WARNINGS: Keep out of reach of children. Not recommended for pregnant or nursing women. BEST BEFORE (day/month/year): see on the bottom of tube. Store tube tightly closed between 5-25°C (41-77°F) and the relative humidity below 60%. Keep away from direct heat,

moisture and sunlight. NUTRITION FACTS FOR 100 g/2 TABLETS (DAILY AMOUNT=9.5 g, SERVINGS PER CONTAINER: 8): energy 546 kJ (126 kcal)/52 kJ (12 kcal); Fat 0 g/0 g, of which saturates 0 g/0 g; Carbohydrate 5.6 g/0.53 g, of which sugars 0.5 g/0.05 g; Protein 0 g/0 g; Salt 10.9 g/1.04 g, Reference intake of an average adult (8400 kJ/2000 kcal). ACTIVE INGREDIENTS IN DAILY AMOUNT (2 TABLETS): Creatine monohydrate: 4 g, of which Creatine: 3.5 g.