



Creatine Magnesium Capsules

Food supplement
for energy and performance

Good to know:

Creatine is a body's own substance that we need for normal daily functions and mainly is stored in the muscle cells. A nutritional supplement containing creatine is particularly important for people with little creatine in their diet (e.g. from meat or fish). Fruit and vegetables contain only trace amounts of creatine.

Above all, persons from the age of 50 need a completion with creatine, since in older adults the storage capacity of creatine in the body is considerably reduced. Magnesium contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue. Magnesium also plays a role in normal muscle function; especially when engaging in physical activities like sports and exercise and promotes the wellbeing - even at night - by loosening and relaxing muscles and calves.

Since our body needs more magnesium and creatine when under stress, strain and sport, a daily food supplement is appropriate. We use purest creatine of highest quality.

Ingredients:

Creatine-monohydrate (69 %), Magnesium Carbonate, Gelatin, anti-caking agent Magnesium Stearate.

	per capsule	per daily dose (=9 capsules)	% of the recommended daily dose according to NRV*
Creatine	400 mg	3600 mg	**
Magnesium	25 mg	225 mg	60

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

** No reference value has yet been established

Recommended dosage:

Take 2 to 3 capsules 3 times daily swallowed with sufficient liquid (no caffeinated beverages). Already 6 capsules cover 40 % of the daily dose of magnesium of an adult.

At increased demand due to sports and fitness can be taken 4 to 5 capsules 3 times daily.

Please ask your doctor before the ingestion if you have any heart, kidney or liver diseases.

Keep out of direct sunlight. Store dry and not above 25°C. Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 200 capsules = 129 g

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