



PRODUCT INFORMATION

'M' CREATINE MUSCLE STACK

FORMAT	Powder
SIZE/S	300gm and 500gm
FLAVOUR/S	Lemon Flavour
DOSAGE RANGE	Light Loading: Take 20-30gms (in divided doses) for 5 days followed by 10gms per day for 30days. Heavy Loading: Take 30-50gms per day (in divided doses) for 4-6 weeks. When taken as part of the 9 Week Muscle Stack Program, take 5 tsp per day for weeks 4-6.

HOW TO TAKE Mix with or wash down with water or juice

IMAGE



GREAT FOR Quality Muscle Growth, Strength Gains.

NUTRITIONAL DATA

<u>Per 10gm Serve</u>	
Micronised Creatine	4000mg
Dextrose	1750mg
L-Lysine	722mg
L-Histidine	500mg
L-Leucine	500mg
L-Arginine	444mg
L-Isoleucine	400mg
Glycine	355mg
L-Valine	355mg
L-Tyrosine	255mg
L-Threonine	245mg
L-Phenylalanine	178mg
L-Methionine	46mg

