



Sanct Bernhard Sport Creatine Magnesium Capsules

Nutritional supplement
To boost energy levels

Useful information:

Creatine is a natural substance found in the body, which plays an important role in supplying energy to the muscle cells. Athletes especially rely on a sufficient supply of creatine. Supplementing the diet with creatine is particularly advisable for those with additional requirements due to physical exercise. Creatine particularly increases physical performance in high impact training as part of a brief, intensive physical activity from a daily consumption amount of 3 grams. The combination with magnesium makes sense because magnesium contributes towards a healthy energy metabolism and reduces tiredness and fatigue. Magnesium also supports a normal muscle function; especially in those who do sport or exercise, and promotes well-being - including at night - with eased, relaxed muscles and calves.

Ingredients: Creatine-Monohydrate (69 %), Magnesium Carbonate, Gelatine, Magnesium Stearate separating agent.

	per capsule	per daily dose (9 capsules)	% of NRV recommended daily dose*
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

Each capsule contains 400 mg pure, top quality creatine and 25 mg pure magnesium.

Recommended use:

Swallow 2-3 capsules 3 x daily with sufficient liquid (no drinks containing caffeine). 6 capsules cover 40% of an adult's daily requirement of magnesium.

4-5 capsules 3 x daily can be taken in case of extra requirements due to sport and exercise.

Please consult your doctor before taking these tablets if you suffer from heart, kidney or liver diseases.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 200 capsules = 129 g

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