

SCHEDULING STATUS:

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PROPRIETARY NAME (AND DOSAGE FORM):

CreaBtaine powder

COMPOSITION:

NUTRITIONAL INFORMATION	PER 100 g	PER 10 g SERVING:	%NRV
ENERGY (kJ)	1492	149	*
PROTEIN (g)	0.0	0.0	0%
TOTAL CARBOHYDRATES (g)	11.7	1.2	*
OF WHICH SUGARS (g)	2	0.2	*
TOTAL FATS (g)	0.0	0.0	*
OF WHICH SATURATED (g)	0.0	0.0	*
TOTAL FIBRE (g)	0.0	0.0	*
SODIUM (mg)	554	55	*
POTASSIUM (mg)	0	0	*
PHOSPHOROUS (mg)	0	0	2%
CREATINE STACK (mg)		6000	*
CREATINE MONOHYDRATE (mg)		1500	*
CREATINE HCL (mg)		1500	*
CREATINE ETHYL ESTER (mg)		1500	*
CREATINE GLUCONATE (mg)		1500	*
PERFORMANCE STACK (mg)		2000	*
BETAINE HCL (mg)		1500	*
L-ARGININE (mg)		500	*

% Nutrient Reference Values (NRVs) for individuals 4 years and older

*%NRV not established

Ingredients: Creatine HCl, Creatine monohydrate, Creatine ethyl ester, Creatine gluconate, Betaine HCl, Maltodextrin, L-Arginine, Flavouring, Salt, Anti-caking agent, Non-nutritive sweetener (Sucralose), Colourants

PHARMACOLOGICAL CLASSIFICATION:

Category D Medicine. 17 – Medicines acting on muscular system

PHARMACOLOGICAL ACTION:

Creatine is found primarily in skeletal muscle. The body is able to manufacture its own creatine (about 1 to 2 grams per day). Creatine is the precursor to adenosine triphosphate (ATP) and therefore enhances muscle energy production as well as recovery during and after intense exercise.

Betaine is a methyl derivative of the amino acid glycine. It functions as an osmolyte, and maintains normal cell volume and protects intracellular enzymes from damage.

INDICATION:

CreaBtaine is indicated when a deficiency of the active ingredients exists.

CONTRA-INDICATIONS:

If you suffer from any medical condition consult your healthcare practitioner before using this product.

INTERACTION:

If you are taking any prescription medication consult your healthcare practitioner before using this product.

PREGNANCY AND LACTATION:

Pregnant and breastfeeding women should avoid using this product.

DOSAGE AND DIRECTIONS FOR USE:

Mix 1 level scoop (10 g) with 300ml cold water. On training days consume before workouts. On non-training days consume first thing in the morning preferably on an empty stomach, or as recommended by your fitness advisor. No loading phase required.

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

Discontinue the use of this product where there is sensitivity towards any of the ingredients.

KNOWN SYMPTOMS OF OVERDOSE AND TREATMENT:

Use only as directed.

IDENTIFICATION:

Light green, creamsoda flavoured powder OR
Light orange, mango-orange flavoured powder

PRESENTATION:

Yellow HDPE bottle with sleeve containing 250 g powder.

STORAGE INSTRUCTIONS:

Store at or below 25° C. Protect from light and moisture. Keep out of reach of children.

REGISTRATION NUMBER/APPLICATION NUMBER:

This medicine has not been evaluated by the South African Health Products Regulatory Authority. This medicine is not intended to diagnose, treat, cure or prevent any disease

NAME AND BUSINESS ADDRESS OF APPLICANT:

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DATE OF PUBLICATION OF THIS PACKAGE INSERT:

February 2020

DISCIPLINE OF THE MEDICINE

Health Supplement

REFERENCES

Acta Medica Scandinavica, Supplementum Journal 1980; 642: 79-84
Medicine and Science in Sports and Exercise; 2000; 32: 706-17