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Last update: 15 februari 2010

1. General requirements	
1.1 Product name	Creatine Ethyl Ester – 750mg per capsule.
1.2 Article number	
1.3 Description	<p>Creatine Ethyl Ester HCL is an exceptionally soluble creatine resulting in advanced absorption, increased bioavailability, and stability.</p> <p>The ethyl ester in Creatine Ethyl Ester HCL makes the molecule more lipid soluble and able to passively diffuse through cell membranes rapidly. This method of creatine delivery bypasses the creatine transporter on cell membranes and it allows creatine levels inside muscle cells to increase very rapidly and to higher levels than are possible with regular creatine monohydrate.</p>
1.4 Content	Creatine Ethyl Ester HCL – 750mg
1.5 Label	Take 1 to 3 capsules daily, preferably during a meal. Take for each 35 kilograms of bodyweight 1 capsule.
1.6 Suggested use	<p>As a dietary supplement, take 2-4 capsules twice daily.</p> <p>Workout days: Take 2-4 capsules with 16oz of water 15-30 minutes before workout. Take another 2-4 capsules with 16oz of water 15-30 minutes after workout.</p> <p>Non workout days: Take 2-4 capsules with 16oz of water with first meal. Take another 2-4 capsules with 16oz of water with meal 4-6 hours later.</p>

2. Packaging	
2.1 Description	Clear Tub 250ml – 45mm
2.2 Overpack	White box
2.3 Content	120 Caps

3. Physical Characteristics	
4.1 Colour	
4.2 Odour	
4.3 Consistency	
4.4 Netto weight	
4.5 Sizes	

5. Analysis (per 100 gram)	
5.1 Carbohydrates	0
5.2 As	
5.3 Fibre	
5.4 Protein	0
5.5 Fat	0

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5.6 Energy [kJ kcal]	
5.7 Dry matter	
5.8 Moisture	

6. Microbiological standards (per 25 gram)	
6.1 Clostridium perfringens	< 100.000 kve/g
6.2 Bacillus cereus	< 100.000 kve/g
6.3 Salmonella	Not detected
6.4 Stahylococcus aureus	< 100.000 kve/g

7. ALBA lijst			
1. Cow milkprotein	-	19. Nut oil	-
2. Lactose	-	20. Peanut	-
3. Egg	-	21. Peanut oil	-
4. Soya-protein	-	22. Sesame seed	-
5. Soya-lecithin (oil)	-	23. Sesame oil	-
6. Gluten	-	24. Glutamate	-
7. Wheat	-	25. Sulphite (E220 t/m E227)	-
8. Rye	-		
9. Beef	-	28.	
10. Pork	-	29.	
11. Chicken	-	30.	
12. Fish	-	31. Coriander	-
13. Crustacea and shellfish	-	32. Celery	-
14. Corn	-	33. Caramel	-
15. Cocoa	-	34. Carrot	-
16.		35. Lupines	-
17. Legume	-	36. Musterd	-
18. Nuts	-		

Allergy information according to the Alba guidelines.
+ The product contains the substance (as ingredient) or may contain the substance (carry-over).
- The product does not contain the substance (according to recipe).
? There is not enough information to mark the substance with a + or -, or the product may contain only traces of the substance.

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