

	FORM	F-SYS-52a
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Last update: 15 februari 2010

1. General requirements	
1.1 Product name	Creatine Monohydrate
1.2 Article number	25001 en 25002
1.3 Description	Creatine Powder is a dietary supplement that consists of 100% pure Creatine Monohydrate. Creatine Monohydrate is a natural substance that is required for all muscular contractions. About 95% of all creatine in your body is stored in skeletal muscle tissue, indicating the importance of creatine in muscular performance. ATP (Adenosine Tri Phosphate) is the energy molecule that is necessary for muscular work. Unfortunately the creatine stores in your muscle tissue become empty after just a few seconds of working out. Supplementation with creatine will increase the ATP synthesis, which will increase your strength and power. Creatine gives you an energy boost and reduces your recovery time.
1.4 Content	Creatine Monohydrate 99,9%
1.5 Label	Take during the loading phase (the first 4-6 days), 5 grams of Creatine Powder three times a day. In the maintenance period we recommend you to take just 5 grams a day in a single dose.

2. Packaging	
2.1 Description	Black HDPE bottle 1250ml – 100mm, 1500ml -100mm
2.2 Overpack	White box
2.3 Content	500 gram and 1000 gram

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
5.6 Energy [kJ kcal]	
5.7 Dry matter	
5.8 Moisture	Max. 12,5% (typically max. 12%)

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Creatine_powder.docons	

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.