



interACTIVE
NUTRITION™

MICRO-CREATINE™

**MICROPURE BRAND
MICRONIZED CREATINE
MONOHYDRATE!**

MicroCreatine™
is available as drink mix powder
in 300g and 600g

MicroCreatine™ helps athletes improve performance in short-duration, high-intensity activities, and enhance body composition, in combination with a healthy regimen and resistance training.

Recommended Use or Purpose:

Helps athletes improve performance in short-duration, high-intensity activities, and body composition when combined with a healthy regimen and resistance training.

*This product is free from any additional components.

Direction of use : Dissolve powder in 300mL cool water and drink immediately. Take 1 hour before breakfast, lunch, dinner or training. Drink 4-5 glasses of water daily to prevent dehydration, especially in the first week.

Ingredient Info

	Per 1 scoop
Creatine monohydrate	5g

DOSE (Adults): One scoop (approximately 5g), 4 times per day for up to five days. Continue consumption with 1/2 scoop (approximately 2.5g), once per day.

Risk Information: Not recommended for people with renal disease, diabetes or kidney dysfunction. Not intended for children, pregnant or breastfeeding women. People with health conditions should consult a healthcare practitioner before consuming Creatine products. Consult a health care practitioner for long-term consumption.

MicroCreatine™ drink mix powder is manufactured using only high quality Micronized Creatine Monohydrate without any additives or excipients.

Findings from clinical trials have indicated that Creatine may be an effective ergogenic aid to achieve significant gains in muscle size and strength in conjunction with resistance training. Creatine supplementation during training has been reported to promote significantly greater gains in fat-free mass, muscle fibre and performance primarily of high intensity exercise.

According to current studies, Creatine supplementation appears to be safe when used by healthy adults at the recommended dose.

InterACTIVE Nutrition's **MicroCreatine™** is registered at the Natural Health Product Directorate (Health Canada); this authority accepts, via issuance of the corresponding NPN number, that the existing scientific evidence on creatine's efficacy is sufficient to support its' use in helping athletes improve performance in short-duration, high-intensity activities as well as enhancing body composition. Similarly, the evidence supporting the safety of the product has been thoroughly assessed by Health Canada and has been found to conform to their safety standards.

The quality of InterACTIVE Nutrition's **MicroCreatine™** has been assessed by Quality Alliance International following comprehensive laboratory analysis and found to comply with all requirements outlined in Quality of Finished Natural Health Products, Natural Health Products Regulations. Our Creatine has been confirmed as hormone and other unauthorized contaminants-free according to the International Anti Doping Act. The independent laboratory report indicated that InterACTIVE Nutrition's **MicroCreatine™** also meets the Quality Alliance restricted criteria for Creatine impurities.

For further information please contact InterACTIVE Nutrition at:
sales@InterACTIVENutrition.com or **1-888-249-3122**

www.interactivenutrition.com

InterACTIVE Nutrition is the leader in blending top quality premium ingredients into the purest and cleanest sport supplements on the market

