

## CREAMAX POWDER-FRUIT PUNCH FLAVOR

Serving size: 2 scoops (50g)

Servings per Container: 20

Amount per serving: % Daily value

Calories 130

Total Carbohydrate 33g 11%

Sugars 23g

Creatine Monohydrate 5g

L-Glutamine 5g

L-Taurine 5g

Other Ingredients: crystalline dextrose, crystalline fructose, glucose polymers (maltodextrin), citric acid, natural fruit punch flavor and beet root powder (for color).

Directions: Mix two scoops (50g) in 8oz cold water. Drink one serving in the morning and one serving in the afternoon between meals.