INSTRUCTIONS FOR USE

Creatine Body Redefined

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Ingredients: 100% creatine monohydrate.

How to use: Take 1 scoop (5 g) once a day. Mix into 200 to 300 ml of water, juice or another drink and stir until fully dissolved. Take it every day at any time of day, not only on training days. No loading phase is needed. Drink plenty of fluids throughout the day.

Warnings: Do not exceed the recommended daily dose. Keep out of reach of children. Intended for adults. If you have kidney problems, take nephrotoxic medication, or are pregnant or breastfeeding, consult your doctor before use. Do not use if the packaging is damaged or open. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

Storage: Store tightly closed in a cool, dry place (up to 25 °C), away from direct sunlight and moisture.

Composition

Creatine isn't just for the gym. It never was.
Creatine monohydrate is one of the most extensively researched ingredients in the field of dietary supplements — in both men and women. It occurs naturally in the body, in muscle tissue and the brain, where it plays a key role in supplying energy (ATP) to cells.

Why do women take it?
Many women avoid creatine out of fear of a "bloated look" or excessive muscle gain. However, creatine does not necessarily cause weight gain — everything depends on training, diet and hormonal profile. Women often describe it as:

- Support for building a leaner, more toned physique
- Help with endurance and fast recovery
- Support for mental performance, concentration and mental sharpness on demanding days

Why do men take it?
Creatine contributes to increased physical performance during successive bouts of short-term, high-intensity exercise.* This means more explosiveness, better endurance and faster recovery

— for anyone who trains seriously.

Junai Creatine Body Redefined contains exclusively micronised creatine monohydrate (an exceptionally fine powder that dissolves completely and quickly, without clumps). Each serving contains 5 g of active ingredient, with no unnecessary additives. Suitable for regular daily use as part of a balanced diet and active lifestyle.

*Health claim authorised in accordance with Regulation (EU) 432/2012. Condition: daily intake ≥ 3 g of creatine.

Scan the code to open the instructions any time, even without this sheet.