



CARBOHYDRATES



CARBOHYDRATES
+ PROTEINS



MINERAL
SALTS



PROTEINS AND
AMINO ACIDS



SUPPLEMENTS



CHILDREN AND
YOUNG ATHLETES

infisport
SCIENCE NUTRITION



Citric

CELLULAR Q10

Creatine mixed with carbohydrates and antioxidants.

CELLULAR Q10 combines high GI carbohydrates with creatine monohydrate, L-glutamine, taurine, coenzyme Q10, vitamins C, E, B1, B6 and Mg.

Powdered food supplement based on carbohydrates and creatine monohydrate.

INGREDIENTS:

Dextrose, creatine monohydrate (>99,9% purity) (Creapure®), aroma, acidifier: citric acid, pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), L-glutamine (Kyowa Quality®), taurine, magnesium oxide, l-ascorbic acid (vitamin C), colourant: carotene, coenzyme Q10, d-alpha tocopherol acetate (vitamin E).

RECOMMENDED DOSE: 30 g/day

INSTRUCTIONS:

Dissolve two shallow measures of the dispenser (30 g) in 200 ml of water, take it immediately. Contains measuring scoop.

NET WEIGHT:

1 kg powder (33 services).

WARNINGS:

Keep out of reach of young children. Keep in a cool, dry place away from direct light. Food supplements must not be used as substitutes to a balanced, varied diet and a healthy life style. Do not take more than the recommended dose.



PERIODICAL



PRODUCT MANUFACTURED WITH CERTIFIED
SUPPLIER UNDER REGULATIONS:





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NUTRITIONAL INFO:

	100 g	30 g
Energy Value	1381 kJ 325 kcal	414 kJ 97 kcal
Fats	0 g	0 g
Of which:		
Saturated fatty acids	0 g	0 g
Carbohydrates	80 g	24 g
Of which:		
Sugars	76 g	23 g
Proteins	0,7 g	<0,5 g
Salt	0,03 g	0,01 g
VITAMIN:		
Vitamin E	7 mg (58% NRV*)	2,1 mg (18% NRV*)
Vitamin C	75 mg (94% NRV*)	22 mg (28% NRV*)
Thiamine (B1)	0,55 mg (50% NRV*)	0,17 mg (15% NRV*)
Vitamin B6	0,70 mg (50% NRV*)	0,21 mg (15% NRV*)
MINERALS:		
Magnesium	200 mg (53% NRV*)	60,1 mg (16% NRV*)

*NRV: Nutrient Reference Values

	100 g	30 g
AMINO ACIDS:		
Creatine monohydrate	10 g	3 g
L-Glutamine	670 mg	201 mg
Taurine	670 mg	201 mg
OTHER SUBSTANCES:		
Coenzyme Q10	33 mg	10 mg