



Ingredients and Allergy Information

Date of last review:	10/07/2023	Version No.:	I
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John Lewis Stock Number	46576042
Name	The Power Booster
Ingredients	Creatine Monohydrate
For allergens, see ingredients in bold	
May contain statements	N/A
Net Quantity	300g
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place out of reach of children
Manufacturer's name and address	LiquidSun Unit 25-26 Meadow Park Industrial Estate Essendine Stamford Lincolnshire, PE9 4LT
Instructions for use	Mix 5g (1 rounded teaspoon or ¼ Innermost scoop) with around 150ml of water or juice, or simply add 5g to your shake or pre-workout drink. To be taken anytime during your day, once a day. Use continuously for up to 8 weeks before discontinuing for 1 week and then repeating.
Nutrition Labelling: Typical value	
Energy (kJ/kcal)	N/A
Fat	N/A
Of which saturated	N/A
Carbohydrate	N/A
Of which sugars	N/A
Fibre	N/A
Protein	N/A
Salt	N/A
Alcoholic Strength	N/A
Suitable for vegetarians	Y
Suitable for vegans	Y
Suitable for nut allergy sufferers	Y

Suitable for gluten allergy sufferers	Y
Suitable to wheat allergy sufferers	Y
Suitable for egg allergy sufferers	Y
Suitable for dairy allergy sufferers	Y
Suitable for soya allergy sufferers	Y
Free from alcohol	Y
Free from artificial flavours	Y
Free from artificial colours	Y