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Dark Lab Creatina Pura 500g

Dark Lab Pure Creatine Monohydrate 500g Instruction Manual

1. INTRODUCTION

This manual provides essential information for the proper use and understanding of Dark Lab Pure Creatine Monohydrate 500g. Creatine is a naturally occurring compound that plays a crucial role in energy production during high-intensity, short-duration exercise. This product is designed to support athletic performance and muscle recovery.

2. PRODUCT OVERVIEW

Dark Lab Pure Creatine Monohydrate is a high-quality supplement formulated to assist individuals in achieving their fitness goals. It is characterized by its 100% purity and rapid absorption.

Key Features:

- **Enhanced Strength and Endurance:** Supports increased muscular power and resistance during intense physical activity.
- **Accelerated Muscle Recovery:** Aids in faster recovery post-exercise.
- **Lean Muscle Mass Support:** Contributes to the development of lean muscle mass.
- **High Purity:** Made with quality raw materials for minimal variation and maximum purity.



Image 2.1: Front view of the Dark Lab Pure Creatine Monohydrate 500g product bag. The packaging is black with the brand logo and 'CREATINE PURE CREATINE 500G' clearly visible.



PUREZA E QUALIDADE RECONHECIDAS

CREATINA PURA DARK LAB

Com 500g de poder puro, a Creatina Pura Dark Lab é a solução para aqueles que buscam aumentar sua força, resistência e explosão muscular. Produzida com a mais alta qualidade e pureza, a creatina é rapidamente absorvida pelo corpo, proporcionando benefícios incríveis.

BENEFÍCIOS:

- 🦋 Aumento da força e da resistência muscular
- 🦋 Melhora da recuperação muscular
- 🦋 Aumento da energia e da disposição
- 🦋 Auxílio no ganho de massa muscular magra

MODO DE PREPARO: Dissolver 3g (1 dosador raso ou 1 colher de chá) do produto em 150ml de água ou bebida de sua preferência.

SUGESTÃO DE USO: Consumir preferencialmente 30 minutos antes das atividades físicas uma porção ao dia (3g) ou conforme orientação profissional.

Image 2.2: An informational graphic detailing the benefits of Dark Lab Pure Creatine, including increased strength, improved recovery, enhanced energy, and support for lean muscle gain. It also shows preparation and usage suggestions.

3. INGREDIENTS

Primary Ingredient: Creatine Monohydrate.

Allergy Information: This product does not contain gluten. However, it may contain traces of lactose, soy, egg, and peanuts due to manufacturing processes.

4. USAGE INSTRUCTIONS

Preparation:

- Dissolve 3 grams (one level scoop) of the product in 150 ml of water or your preferred beverage.

Recommended Consumption:

- Consume approximately 30 minutes before physical activity for optimal energy and performance.
- Alternatively, follow professional guidance for dosage and timing.



Image 4.1: The back of the Dark Lab Pure Creatine Monohydrate 500g bag, displaying detailed nutritional facts, ingredients, and usage instructions in text format.

5. STORAGE AND WARNINGS

Storage:

- Store in a cool, dry place, away from direct sunlight.
- Once opened, consume within 90 days.

Warnings:

- This product is intended for adult use only.

- Not recommended for individuals under 18 years of age.
- Consult a healthcare professional before use if pregnant, nursing, or if you have any pre-existing medical conditions.
- Keep out of reach of children.
- This product is not a medicine and should not be used as a substitute for a balanced diet.

6. SPECIFICATIONS

Attribute	Detail
Brand	Dark Lab
Product Name	Creatina Pura Monohidratada
Form	Powder
Weight	500 Grams
Flavor	Unflavored
Age Range Description	Adult
Product Dimensions (L x W x H)	19 x 8 x 26 cm
ASIN	B0CF71CJ2L
EAN	7898971863273

7. TROUBLESHOOTING

If you experience any unexpected effects or have concerns regarding the product, discontinue use and consult a healthcare professional. Ensure proper mixing to avoid clumping; stirring thoroughly or using a shaker bottle is recommended.

8. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or customer support, please refer to the retailer's policy where the product was purchased or visit the official Dark Lab website. Contact details for Dark Lab can typically be found on the product packaging or their official online presence.