

PHYTO PRO MUSCLE CREATINE MONOHYDRATE

Contains creatine, an organic compound found naturally in the body, where it is one of the drives of the ATP energy production cycle. Backed by science, Creatine Monohydrate is the safest and most effective form of creatine. It supports muscle growth, strength, recovery, and cognitive function. Especially beneficial for plant-based diets, where creatine is often lacking.
DO NOT EXCEED MAX RECOMMENDED LEVEL OF INTAKE.

Part of the MUSCLE range
clean, functional nutrition developed by Phyto Pro to support lean, strong, high-performing bodies. Designed to be stacked across your workout routine.

- Benefits
- ▶ Supporting improved memory and brain function
 - ▶ Increased muscle mass, reduced muscle wasting in both athletes and the elderly
 - ▶ Increased strength and endurance
 - ▶ Faster recovery
 - ▶ Faster reaction times

Plant-based by purpose:
for your health, the planet, and results. No frills. No fillers. Just powerful, effective nutrition.

Free from: artificial colours and flavours, dairy, fillers, gluten, GMO's, preservatives, processed sugar and soy.

Contact us: info@silverskull.co.za

KEEP IN A COOL
DRY PLACE AWAY
FROM CHILDREN



PLANT
BASED
100% NATURAL



@silver_skull



SILVER SKULL MUSCLE CREATINE MONOHYDRATE

100
SERVINGS

CAREFULLY SOURCED INGREDIENTS
IMPROVE STRENGTH & SIZE

500g



NUTRITIONAL INFORMATION

SERVING SIZE

5g (1scoop)

Energy	0kg
Total Protein	0g
Carbohydrates	0g
Sugar	0g
Total Fat	0g
Saturated Fat	0g
Dietary Fiber (AOAC 2001-03)	0g
Sodium	0mg

Made in a factory that handles milk, egg, cereals with gluten, peanuts, nuts & soya.

Ingredients:

Creatine Monohydrate, micronized for improved absorption.

HOW TO USE

Regular Usage:

1. Shake 1 scoop in 250ml of water or juice or add to a smoothie.
2. Use 1-2 times daily after a workout.



Creatine Loading Phase:

You may choose to initially follow a loading regime, e.g. 1 serving (5g) 4 times per day for 5 days followed by 1 serving per day thereafter. Alternatively, move onto MUSCLE Creatine Booster after the 5-day loading phase is complete for maintenance.

