

# BETA-BOL<sup>®</sup>

WATERMELON FLAVOUR

**ENERGYBODY**  
SYSTEMS

Vitamin B6 contributes to a normal energy metabolism.

**Food supplement with creatine monohydrate, branched chain amino acids (BCAA), beta-hydroxy-beta-methylbutyrate (HMB), L-citrulline, beta-alanine and vitamin B6. With sweeteners.**

#### Ingredients:

Creatine monohydrate, L-citrulline, L-leucine, calcium beta- hydroxy-beta- methylbutyrate, beta-alanine, acid citric acid, L-isoleucine, L-valine, maltodextrin, flavouring, sweeteners (acesulfame K, cyclamate, saccharin), colouring foods (red beet juice concentrate, safflower extract), emulsifier lecithins (sunflower), vitamin B6.

**Average content per serving (23 g):** Vitamin B6: 0,70 mg (100 % \*); Creatine monohydrate: 3,4 g, of which Creatine: 3,0 g; Beta-Alanin(e): 2,5 g; L-Citrullin(e): 3,0 g; Beta-Hydroxy-Beta-Methylbutyrat(e) [HMB]: 2,5 g; L-Leucin(e)\*\*: 3,0 g; L-Isoleucin(e)\*\*: 1,5 g; L-Valin(e)\*\*: 1,5 g.

\* % Percent of Nutrient Reference Values

\*\* = BCAA (Branched Chain Amino Acids)

#### Use:

For one serving stir 23 g of Beta-Bol<sup>®</sup> (= 1 sachet) with 500 ml of water. Take 1 serving per day before training.

#### Important information:

Do not exceed the stated recommended daily dose. Store out of reach of young children.

This product should not be used as a substitute for a balanced and varied diet and a healthy lifestyle. **It is only intended for adults who engage in intense physical activity. Not suitable for pregnant and breastfeeding women.**

If you suffer from kidney disease or any other medical condition and/or take medication, you should consult your physician before using this product.

Creatine increases physical performance during short-term, high-intensity, repeated exercise bouts. In order to obtain the claimed effect, 3 g of creatine (delivered by 1 serving of Beta-Bol<sup>®</sup>) should be consumed daily.

Store in a cool and dry place.

**Contents: 23 g (= 1 serving)**