

Creatine5000

ACBS GMS PBS

Description

Food for special medical purposes.

A powdered creatine amino acid supplement on a carbohydrate base.

Indications

For the dietary management of inborn errors of amino acid metabolism from 3 years of age onwards.

Dosage and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

Preparation Guidelines

To be determined by the clinician or dietitian. Suggested methods include:

Mixing with water:

1. Measure out 50ml of water.
2. Add one sachet.
3. SHAKE vigorously for 30 seconds and serve.

Mixing with a liquid protein substitute:

1. Decant the liquid into a container.
2. Sprinkle in the powder.
3. Shake vigorously for 30 seconds and serve.

Mixed with a powdered protein substitute:

1. Mix the two powders together.
2. Make up protein substitute as directed and serve.

Additional fluid may be required.

Creatine5000 (6g) = 5000mg of Creatine

IMPORTANT NOTICE

Must only be used under medical supervision.

Suitable from 3 years of age onwards.

Not for use as a sole source of nutrition.

Must only be given to patients with proven inborn errors of amino acid metabolism.

For enteral use only.

Nutritional Information

		Per 100g	Per 6g sachet		Per 100g	Per 6g sachet
Energy	kJ	61	3.7	Protein Equivalent	g	0
		14	0.8	Creatine	mg	83333
Fat	g	0	0	Salt	g	<0.25
		0	0	Protein Equivalent	g	0
Carbohydrate	g	3.6	0.2	Sodium	mg	<100
		0	0		mmol	<4.3

Ingredients:

Creatine Monohydrate, Maltodextrin, Thickener(E415).

Creatine5000 is suitable for a vegan diet.

Storage

Store in a cool, dry place.

Sachets are designed for single use and should be used once opened.

Pack Size/Weight

30 x 4g sachets = 120g

Flavour

Unflavoured



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