

Specification Sheet

General Information	
Product name	Creatine Monohydrate
Standard	In house
Specification ref.	FR2331318
Issue number	1
Date of Issue	01.10.2022
Package	Cylindrical jar
Flavour	Mango - Orange
Form	Powder
Process used during production	Sieving components, mixing, filling dedicated packages, adding a scoop, closing packages, packing according to the document of palletisation.
Suitable for vegetarians / Suitable for vegans	Yes / Yes
Density of material (loose / tapped) [g / cm ³]	0,57 / 0,79
Portion size [g]	5
Mass net [kg]	0,4
Country of origin	Poland
Analysis	Specification
Apperance	White powder
Aroma / Odour	Fruity
Flavour	Mango Orange
Moisture [%]	≤ 11
Contamination	No
Microbiology	
Enumeration of mesophilic aerobic bacteria	≤ 5x10 ⁴ CFU / g
Enumeration of fungi (molds and yeasts)	≤ 10 ³ CFU / g
Detection of Escherichia coli	Absence in 1 g
Detection of coagulase-positive staphylococci (Staphylococcus aureus and other species)	Absence in 1 g
Detection of Salmonella spp.	Absence in 25 g
Heavy metals	
Cadmium	≤ 1.0 ppm
Lead	≤ 3.0 ppm
Mercury	≤ 0.1 ppm

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List of Ingredients (decreasing value)	
Compound	Function
Creatine monohydrate	Active ingredient
Maltodextrin	Bulking agent
Citric Acid E330	Acidity regulator
Malic Acid E296	Acidity regulator
Orange Flavour	Aroma
Sodium Chloride	Flavour enhancer
Steviol glycosides from stevia E960a	Sweetener
Mango Aroma	Aroma

Active Ingredients List		
Compound	Per portion 5 g	100 g
Creatine monohydrate (mg)	3500	70000
Of which creatine (mg)	3076	61540



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Allergens according to Regulation No. 1169/2011 and its amendments		
Allergen name	Present Yes/No	Additional information
BHA/BHT/Related compounds	No	
Bovine products or by-products	No	
Celery or products thereof	No	
Cereals containing Gluten (Wheat, rye, barley, oats, spelt, kamut or their hydrolysed strains) or products thereof	No	
Crustaceans/Shellfish or products thereof	No	
Eggs or products thereof	No	
Fish or products thereof	No	
Milk or Milk products (including lactose)	No	
Mustard seed or products thereof	No	
Nuts or products thereof	No	
Peanuts or products thereof	No	
Sesame seeds or products thereof	No	
SO ₂ or Sulphate at concentration over 10mg/kg	No	
Soya beans or products thereof	No	
Molluscs or products thereof	No	
Lupin or products thereof	No	

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Instruction of use		
Mix	1	heaped scoops
or	5 g	of product
in	200 ml	of water.

Additional information

Expiry date: 24 months from the production date. Product should be used within 90 days after opening.

Storage conditions: Store the finished product in a sealed package in a dry place, away from direct sunlight at 18 – 25 °C. Keep out of reach of small children.

Transport conditions: the product must be transported in a clean and dry vehicle that has been approved for food transport.

Regulatory Statements:

GMO Status: This product is GMO FREE in accordance with EU Regulations 1829/2003 and 1830/2003.

Irradiation Status: This product has not been irradiated in accordance with EU directive 1999/2/EC of 22 February 1999 concerning foods and food ingredients treated with ionisation radiation.

Nano materials: This material is not produced using Nanotechnology and is free from Nano-particles, and so complies with EU regulations 1169/2011 and 2015/2283.

Contaminants: The product and its ingredients meet the requirements for maximum permitted levels of contaminants in foodstuffs laid down in Regulation No. 1881/2006, as amended.

Packaging: The primary packaging used for the blends manufactured at Global Blend are suitable for contact with food and in compliance with EC regulation 1935/ 2004 and its amendments thereof.

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