Chengdu PNP Biotech Co., Ltd.

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COMPOSITION & NUTRITIONAL INFORMATION

Creatine Monohydrate 99%

1. Composition

We, Chengdu PNP Biotech Co., Ltd., declare the composition of the supplied Creatine Monohydrate 99%, synthetic creatine monohydrate produced from sarcosine and cyanamide, standardised on creatine and supplied as a white powder without any carrier, as set out below.

Component	Content
Creatine Monohydrate	≥ 99.0%
Water (crystal water) & Related Substances	≤ 1.0%
Excipients	0
Additives	0

2. Nutritional Information

Nutritional information per 100 g of the supplied ingredient:

Component	Amount per 100 g	Unit
Energy	0	kJ / kcal
Total Fat	0	g
Total Carbohydrate	0	g
Dietary Fiber	0	g
Total Sugars	0	g
Protein	0	g
Salt	0	g
Creatine (anhydrous)	87,000	mg

Creatine monohydrate is a single nitrogenous organic acid with no fat, digestible carbohydrate or protein fraction as such, so those macronutrient fields are declared as zero. The creatine figure is the anhydrous equivalent: 99.0% creatine monohydrate (dry basis) multiplied by 131.13 / 149.15 = 87.0%, i.e. 87,000 mg per 100 g. The crystal water (loss on drying about 11.25%) is reported as a specification item and is not counted as a macronutrient. Fibre, sugars and salt are n/d.

Prepared by: Mia Yu Approved by: Charlie Wang Date: Sep. 14, 2026