

My protein and creatine label check

Keep food arithmetic and the creatine question separate.

Date and exact product/flavor/pack

Protein target and its source or professional advice

Food record: ordinary day and protein total

Label: powder grams and protein grams per serving

Amount actually used and mixing liquid

Arithmetic result and remaining question

Separate creatine label, actual use and advice

Medication, allergies, symptoms and questions

A label serving is a comparison basis, not a personal serving prescription.

Creatine does not contribute protein grams to the food or powder total.

Kidney, medication, allergy and dietary concerns need individual advice.