

POWER

CREATINE MONOHYDRAT



QUICK INFO

- X LACTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES

 Creapure®



CREATINE MONOHYDRATE, FOOD INTENDED TO MEET THE EXPENDITURE OF INTENSE MUSCULAR EFFORT, ESPECIALLY FOR SPORTSMEN.

PRODUCT DESCRIPTION

Creatine increases physical performance in successive bursts of short-term, high intensity exercise (for example sprint, dumbbell workout). Creatine monohydrat contains as its only ingredient pure creatine monohydrate and has got a completely neutral taste.

The body usually receives creatine by eating meat and fish and then it is stored in the muscle fibers as creatine phosphate. For an efficient storage and corresponding effects, a several week intake is necessary.

ADVANTAGES

- **Creapure® creatine quality**
- **Free of residue and impurities**
- **Low price**

UTILISATION

In high intensity interval sport

loading phase for 7 days with up to 20 g daily, divided into 3-4 portions. Take with some liquid.

maintenance phase continue with maintenance phase with 1-2 times 2 g daily.

1 teaspoon = approx. 4 g creatine.

Ideally, take together with carbohydrates, but avoid caffeine containing food at the same time.

As part of a varied and balanced diet and a healthy lifestyle. Not suitable for children and growing adolescents. Not intended for long-term use. Weight gain may occur.

INGREDIENTS

Creatine monohydrate

FLAVOUR/PACKAGING

Neutral 500 g can (125 daily rations)

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NUTRITION FACTS

NUTRITION FACTS	4 G (= 1 DAILY RATION*)
energy kJ (kcal)	0 (0)
fat	0 g
of which saturated fatty acids	0 g
carbohydrates	0 g
of which sugars	0 g
fibres	0 g
protein	0 g
salt	0 g
creatine	4000 mg
* during maintenance phase	

Produced in Germany, carefully bottled in Switzerland by

Sponser Sportnahrung AG
 CH-8832 Wollerau

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