

Creatine Monohydrate – Performance activator



Key benefits:

- Provides increased energy under physical stress through a more rapid synthesis of creatine phosphate within muscles
- Shortens recovery time during intensive physical stress
- Keeps muscles from early fatigue

Suggested usage:

Days 1 to 5: Take 20g (dosage dependent on weight and intensity of activity) spread over the day. From day 6: Take max. 2g per day (2/3 heaped teaspoon = 2g). Creatine is not suitable for children and adolescents. For adults, intake is recommended only over a period of several weeks at a time, whilst intensive training is taking place. May lead to an increase in weight.

Ingredients:

Creatine Monohydrate

Nutrition information:

Nutrition Information:	per 100g:
Energy kJ (kcal)	0 (0)
Protein	0 g
Carbohydrate	0 g
Fat	0 g

Technical information:

- 500g jar

SKU	EAN Jar	EAN Case
24170032	4029679-64101-3	402967964102-0

Price:
