

# Creatine Monohydrate

## Product description

100% pure creatine monohydrate, soluble in water, very quickly and easily assimilated. Creatine is usually absorbed by the body through eating meat and fish and is then stored in the muscle fibers as creatine phosphate. The storage capacity depends on the training status, muscle structure and creatine supply. Through supplementation, the creatine monohydrate content can be increased by more than 20%. In such a way, the muscles have at their disposal a greater energy resource from the very beginning of physical exertion. A creatine supplementation is also recommended for vegetarians.

## Advantages

- High quality guarantee and security against any residue and impurities.
- Low price

## Utilisation

**Loading phase:** for 5-7 days, take daily 6-12 g of creatine divided into 3-4 portions together with beverage containing carbohydrates.

**Maintenance phase:** take 2-4g daily. The maintenance phase can last for several weeks after which, stop taking creatine for at least 1 month in order to further the organism's own synthesis.

## Ingredients

Creatine monohydrate

## Packaging / nutrition facts

Neutral. Box of 500 g

nutrition facts	per 4 g*
energy kJ (kcal)	0 (0)
proteins	0 g
carbohydrates	0 g
fat	0 g
creatine	4000 mg

\* represents a daily portion

