

Creatine Pyruvat

Extra Power

Product description

Usually the body is provided with creatine through the consumption of meat and fish. This creatine is stored in muscle fibres as instant energy in the form of creatine phosphate. This helps to build up power and muscular mass, increase the physical performance in the anaerobic power range and improves regeneration. The creatine supplements are also especially recommended for vegetarians.

Until today, creatine was only to be found on the market in the form of creatine monohydrate, but recently SPONSER received permission from the Swiss health authorities to commercialise the new creatine pyruvate, which is more effective. SPONSER Creatine pyruvat contains 100% of Creapure™, a molecular connection between creatine and pyruvic acid. Due to its unique bio-availability creatine pyruvate is the best source of creatine in terms of quality and does not require a loading phase.

SPONSER Creatine Pyruvat is the result of a real molecular connection between 60% of creatine and 40% of pyruvic acid, which is not to be confused with the much less efficient mix of creatine monohydrate with pyruvate. SPONSER Creatine Pyruvat is the only worldwide patented creatine pyruvate, with a maximum guarantee of certified quality and purity, and will be distributed in Switzerland exclusively by Sponser with the logo CREAPURE™.

Thanks to a revolutionary technology, the absorption attributes of creatine pyruvate far surpasses the conventional forms of creatine. The connection affords a better assimilation of creatine reserves in the body and allows an efficiency improvement of more than 25% compared to creatine monohydrate and citrate. On the one hand, the result is an increased volume of cells, making the muscles appear harder and more compact, and on the other hand the pyruvate stimulates the burning of fat, decreasing the level of body fat, which also brings about a clearly improved muscle-fat proportion.

As creatine is absorbed by the muscles mainly through insulin, it is usually necessary to take carbohydrates at the same time in order to activate insulin and allow optimal creatine storage. However, with the new creatine pyruvate, this is not absolutely necessary as pyruvate seemingly allows an increased creatine absorption independent of insulin. Also the highly-dosed loading phase of the starting week of a creatine utilisation can now be dropped. If one talks about the traditional monohydrate, it is estimated that up to 30% of the users, i.e. people taking creatine supplements, do not react to its effects, whereas the level of non-reaction goes down to zero with creatine pyruvate.



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Advantages

- 25% improved efficiency compared to creatine monohydrate
- No loading phase necessary
- Maximum guarantee of certified quality and purity
- In Switzerland exclusive to SPONSER

Utilisation

Powder 5g (approx. 1 scoop) daily, divided into 2-3 portions.

Capsules 11 capsules daily, divided into 2-3 portions.

After 8 to 12 weeks stop taking creatine supplements completely for 1 whole month.

Advice: for optimal efficiency avoid consumption of food containing caffeine whilst taking creatine pyruvate.



Ingredients

100 % pure creatine Pyruvat

Flavours / packaging / nutrition facts

Neutral. Box of 151 g (330 capsules) or Box of 250 g (powder).

Nutrition facts for powder:

nutrition facts	5 g contains*:
energy kJ (kcal)	26 (6)
proteins	0 g
carbohydrates	0 g
fat	0 g
creatine pyruvate	5000 mg
* represents 1 daily dose	

Nutrition facts for capsules:

nutrition facts	11 capsules contains*:
energy kJ (kcal)	36 (8)
proteins	0 g
carbohydrates	0.6 g
fat	0 g
creatine pyruvate	5000 mg
* represents 1 daily dose	