

Creatine

Supports muscle strength, performance, and recovery[‡]

INDICATIONS

- Ages 18 and up
- For athletes and active adults engaged in strength training programs, strenuous exercise, or sports requiring repeated bursts of speed, power or strength[‡]

BENEFITS

- Supports muscle strength, performance and recovery[‡]
- Promotes growth factor signaling and glycogen storage to support gains in muscle strength[‡]
- Supports quick conversion of ADP to ATP energy[‡]
- Helps reduce recovery time[‡]

FEATURES

- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Creatine is clinically studied to increase body strength, build muscle mass, and support recovery from strenuous exercise. Creatine may increase fat free mass and muscle morphology with concurrent heavy resistance training more than resistance training alone. It also may be of benefit in other modes of exercise such as high-intensity sprints or dynamic movements for improved performance.^{1-8†}

Creatine is an energy carrier that is naturally present in muscles, brain and other organs. In muscles, creatine in the form of phosphorylcreatine acts as a reserve of high-energy phosphate to provide energy during anaerobic exercise by regenerating ADP to ATP. By increasing the rate of creatine phosphorylation, ammonia and lactate levels in the blood are lowered resulting in faster recovery from exercise. Creatine also promotes growth factor signaling and glycogen storage to support gains in muscle strength, size and other adaptive responses to training.[‡]

Since creatine plays other vital roles within the musculoskeletal and nervous systems, it is essential for many aspects of health. Animal muscle – such as fresh meat and fish – contains significant amounts of creatine. Dairy products contain only small amounts. Since vegetables, grains, nuts and pulses do not contain creatine, vegetarians are more likely to have suboptimal levels than meat eaters.[‡]

The recommended dose for creatine monohydrate is 3 - 5 grams per day. At this dosage, creatine levels in the body will typically rise for three or four weeks before leveling off. With this approach, a loading phase is not needed.

SUGGESTED USE

Mix 1 ½ tsp daily with 8 oz of water or beverage of choice. For best results, take this product with a carbohydrate-containing beverage or food 30 minutes before exercise, or immediately following exercise. On rest days, take 1 serving daily with a meal or as directed.

STORAGE

Store in a cool, dry place.

WARNING

Consult your healthcare practitioner before use if pregnant, lactating, on medication or have any health condition, including kidney disease. Not intended for use by persons under the age of 18.

SOURCE

- Creatine monohydrate is synthetically sourced

NOTES

Net weight 11.1 oz (315 g)

Bottle count approx. 60 servings

Order code CRM6

Bottle size 5 oz

REFERENCES

1. Buford et al. Scand J Med Sci Sports. 2007;4(6).
2. Skare et al. Scand J Med Sci Sports. 2001;11(2).
3. Cooper R, Naclerio F, Allgrove J, Jimenez A. J Int Soc Sports Nutr. 2012; 9: 33.
4. Becque MD, Lochmann JD, Melrose DR. Med Sci Sports Exerc. 2000 Mar;32(3):654-8.
5. Aaserud R, Gramvik P, Olsen SR, Jensen J. Scand J Med Sci Sports. 1998 Oct;8(5 Pt 1):247-51.
6. Izquierdo M1, Ibañez J, González-Badillo JJ, Gorostiaga EM. Med Sci Sports Exerc. 2002 Feb;34(2):332-43.
7. McConell GK, Shinewell J, Stephens TJ, et al. Med Sci Sports Exerc. 2005;37(12), 2054.
8. Hespel P, Derave W. Subcell Biochem. 2007;46:245-59.

[‡]This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Creatine

Supports muscle strength, performance, and recovery[‡]

SUPPLEMENT FACTS

Take this product with an adequate daily fluid intake. Mix 1.5 teaspoons daily with 8 oz of water or beverage of choice. For best results, take this product with a carbohydrate-containing beverage or food 30 minutes before exercise, or immediately following exercise. On rest days, take 1 serving daily with a meals.

Serving size: 1.5 teaspoons (5 g)
Servings per container: approximately 60

1.5 teaspoons (5 g) contains:

Creatine monohydrate 5 g

WARNING: Consult your healthcare practitioner before use if pregnant, lactating, on medication or have any health condition, including kidney disease. Discontinue use and seek medical advice if adverse reactions occur. Not intended for use by persons under the age of 18.



Creatine	Quantity	Order Code
	11.1 oz (315 g)	CRM6

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[‡]This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.