



## Creatine Creapure 300 g Sport Live Drasanvi

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### Description

Creatine is a substance naturally produced in the human body from the amino acids glycine, arginine and methionine. Synthesis primarily takes place in the liver, kidneys and pancreas. Once synthesized, Creatine is transported to the rest of the cells in the body through the blood stream. Research has demonstrated that Creatine consumption (3 g/day) **increases physical performance** in successive bursts of short-term, high-intensity exercise. Creatine supplements are highly used by athletes. However, the choice of Creatine is key into achieving the desired results. Sport Live, committed to providing you with the highest standard of quality, has selected the Creapure® brand. The Creatine by

Creapure® is free from impurities and is backed up by rigorous analytical studies.

## Ingredients

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Creatine (Creapure®) 5.000 mg

## Directions

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**Loading Phase:** It is recommended taking 20 g (given in 4 divided doses of 5 g) throughout the day. **Maintenance Phase:** It is recommended taking 3-5 g daily, after working out. It can be taken with post-workout recovery drinks or protein shakes. A flat dosage cup equals 7 g.

## Presentation

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Contains 300 g (10.58 oz)

## Warnings

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Food supplement based on creatine.

Food supplements should not be used as a substitute for a balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of little kids. Store in a cool, dry place.

## Additional Information

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### Creatine Monohydrate by Creapure®

Creapure® is a very well-known brand among major producers of sports nutrition supplements around the world. Creapure® Creatine is characterized by its high purity and efficacy. In fact, the manufacturing process ensures the following constant product concentrations (measured by HPLC):

- **Creatine Monohydrate: min 99.5 %.** Ultrapure Creatine.
- **Creatinine: <67 ppm.** Creatinine is a natural product that results from Creatine degradation and

is excreted by the kidneys. The concentration of Creatinine is an important indicator of renal health. In order to avoid potential renal problems, the ingestion of Creatinine must be the lowest possible so the concentration of Creatinine excreted is minimal.

- **Dicyandiamide: <30 ppm.** Dicyandiamide is as derivative of Creatine synthesis whose properties have not been yet identified.
- **Dihydrotriazine: no detectable.** Dihydrotriazine is a derivative of Creatine synthesis whose properties have not been yet identified.

## **Monohydrate Form**

Nowadays, there are a lot of brands in the market that use different forms of Creatine. However, most scientific studies have shown that Creatine Monohydrate is the gold standard of Creatine supplements when it comes to safety and efficacy.

## **High Amounts of Creatine**

The European Food Safety Authority (EFSA) has approved the use of Creatine: “Creatine increases physical performance in successive bursts of short-term, high intensity exercise”. This claim may be used only for food which provides a daily intake of 3 g of Creatine.

## **Powder Form**

Powder supplements allow for dosage adjustment based upon each person’s situation and needs.

## **Neutral Flavour**

Our Creatine has a neutral flavor and it can be consumed by everyone or mixed with other products without altering their taste.

## **Free from Allergens and Other Contaminants**

Our manufacturing system and our rigorous quality controls ensure that our products are free from allergens and contaminants. Hence, we guarantee our product quality.

## **No Doping**

High-quality sports and a healthy lifestyle is our motto. That’s why we strictly adhere to stringent labeling norms. In addition, our raw materials and manufacturing processes undergo rigorous quality controls, ensuring the safe use of our supplements in sports.

# Allergen Information

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Allergen-free

# Certifications

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