



Creatine 80 MESH 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.

Ingredients

Creatine 80 MESH 5.000 mg

Directions

Loading Dose: It is recommended taking 20 g (given in 4 divided doses of 5 g) throughout the day.

Maintenance Dose: 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

Contains 300 g (10.58 oz)

Warnings

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 reach of young children. Store in a cool, dry place.

Additional Information

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

Allergen-free

Certifications

