

Creatine Monohydrate

Purpose & Rationale

The purpose of this product is to supply an NSF Certified for Sport (NSFCS) superior creatine supplement in its most clinically successful monohydrate form using the raw material Creapure® to maximize the well-known size and performance enhancing effects of creatine supplementation. This patented raw material helps creatine remain stable during digestion, thus making it almost fully available to the body. Proper dosing of creatine monohydrate (CM) may improve the ability of creatine supplementation to enhance training outcomes in various sports and types of exercise when compared to equal amounts of other creatine products. The goal of supplementing CM is to increase levels of creatine in the muscle and accelerate regeneration of creatine phosphate (PCr) beyond what can practically be achieved by diet alone. Creatine loading is much like the goal of carbohydrate loading by endurance athletes. However, instead of increasing glycogen storage, and thus delaying glycogen depletion, loading creatine would enhance PCr levels and delay its depletion and speed repletion. This practice would benefit strength and power activities, including sprinting and weightlifting, that are dependent on PCr as an energy source. Other sports that also require repetitive bursts of speed and power, such as specific intermittent team sports that combine intermittent aerobic and anaerobic activity (e.g. football, baseball, rugby and hockey), could also benefit from creatine supplementation.

Typical Use

- All adult athletes seeking to improve training outcomes related to lean body mass, strength and power activities, such as sprinting, weightlifting and jumping. Use of this product also translates to other sports requiring repetitive bursts of speed and power, such as specific intermittent team sports that combine intermittent aerobic and anaerobic activity (e.g. football, baseball, rugby and hockey).
- Older adults seeking healthier aging and improved daily living as recommended by a qualified physician.
- Aerobic or endurance athletes to potentially delay fatigue, especially under high heat conditions, and assist in post-exercise glycogen resynthesis.
- Creatine loading and maintenance strategy

- Mix 1 scoop (5g) with 4-8 oz. of fluid/shake and take four times daily with a carbohydrate containing meal/drink for first five days. Thereafter, take 1 scoop twice daily to maintain stores. To maximize creatine uptake, split doses throughout the day with meals/drinks containing carbohydrate and/or protein (depending on size and caloric allotment).
- On training days, use one dose before workout and one after with meals/drinks. May mix with your pre-/post-training formula.

Unique Features

- Contains Creapure®, a pure CM made in Germany, which helps creatine remain stable during digestion, rendering it almost fully available to the body, thus giving it more potential to enhance training outcomes when compared to equal amounts of other creatine products.
- Convenient powdered form with relatively neutral flavoring allows for easy mixing alone or with other products such as pre-/post-workout shakes
- NSF Certified for Sport (NSFCS), an independent third-party test, which ensures purity and potency for drug-tested athletes.

Contraindications

Although there is no supporting evidence, persons regularly using nephrotoxic drugs (drugs that harm kidney function) such as cyclosporine, aminoglycosides, gentamicin, nonsteroidal anti-inflammatory drugs (NSAIDs), naproxen and others, should not use high doses of creatine without a doctor's consent.^{251,252} Persons with bipolar disorder should consult a physician regarding creatine use as there have been reports of mania in people with this disorder.²⁵³

Supplement Facts		
Serving Size: 6.8g (1 heaping scoop) Servings Per Container: 60		
	Amount Per Serving	% Daily Value*
Calories	5	
Total Carbohydrate	1g	<1%*
Creapure® Creatine Monohydrate	5g	**

* Percent Daily Values are based on a 2,000 calorie diet.
 ** % Daily Value not established.