

# Creatine Monohydrate



## WHAT IS IT?

- The most effective dietary supplement for increasing strength, power, muscle size and enhancing high-intensity exercise performance. Creatine monohydrate occurs naturally in the body and supplementation increases the amount stored in muscle

## WHO IS IT FOR?

- Adult athletes seeking to increase lean body mass, strength and power activities
- Exercisers looking to optimize high-intensity training sessions
- Older adults interested in healthy aging
- Aerobic or endurance athletes to help delay fatigue and replenish glycogen post-exercise



## WHAT ARE THE BENEFITS?

- Increases strength, power and muscle size
- Natural athletic performance enhancer
- Improves recovery time from high intensity exercise

## WHAT MAKES THIS PRODUCT UNIQUE?

- **NSF Certified for Sport**
  - Independently tested for purity and potency
- Contains a purified form of creatine, Creapure, which helps creatine remain more stable during digestion than other creatine products
- 5 grams of creatine per scoop

