

CREATINE MONOHYDRATE



Creatine Monohydrate is one of the most popular sports nutrition products, synonymous with power and strength.

Creatine came to the forefront in the 1980s when it was discovered that most of the power and speed Olympic athletes had been using it to boost performance.

During short duration explosive sports such as sprinting, weight lifting and rugby, ATP (adenosine tri-phosphate) is the energy system used.

When ATP is depleted, it uses your bodies creatine phosphate reserves to produce more ATP energy. Supplementing with Creatine Monohydrate increases your bodies pool of creatine allowing more ATP to be produced, resulting in more work being performed.

Creatine Monohydrate is ideal for anyone involved in power, strength and speed based sports. The most tried and tested way to take creatine is as follows,

Loading Phase: For 5 days take 1 serving (5 grams) of Creatine Monohydrate 5 times per day.
Maintenance Phase: After the 5 day loading phase. Take one serving (5 grams) of creatine Monohydrate twice per day.

Nutritional Information

Typical Values	Per 100g	Per 5 g
Energy	0 kJ 0 kcal	0 kJ 0 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
mono - unsaturates	0 g	0 g
poly unsaturates	0 g	0 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
polyols	0 g	0 g
starch	0 g	0 g
Fibre	0 g	0 g
Protein (dry basis)	0 g	0 g
Salt	0 g	0 g
Creatine monohydrate	100 g	5 g