

Creatine Monohydrate

BEST ULTRAPURE CREATINE (CREAPURE®) WITH ANTI-DOPING CERTIFICATE

NEUTRAL

- Pure Creatine monohydrate powder
- 100% Creapure® by AlzChem Trostberg GmbH
- **With Informed-Sport anti-doping certificate**
- Improve performance. Scientifically proven
- Allergens Free and Suitable for Vegans



Creatine Monohydrate is scientifically proven as the most effective form of creatine existing. The Creapure® brand created by the company AlzChem Trostberg GmbH is consolidated as the best and purest. Creatine Monohydrate is the supplement with more studied in sports nutrition and has been shown to be effective amplifying the benefits of training, encouraging the production of strength, the work capacity and the recuperation (Kreider, B. et al. JISSN. 2.017).

Its flavor is neutral so that it can be mixed with any drink without altering its taste and its solubility is perfect.

Without forgetting that **Creatine Monohydrate** is 100% safe as it is **certified anti-doping by Informed-Sport**.

And like all Crown Sport Nutrition® products with the highest quality.

Ingredients: Ultrapure creatine monohydrate (100% Creapure®).

Instructions for use: begin with the load phase and then pass to the maintenance phase. Mix with water or other non-acidic beverages.

- **Load phase:** take 2,5 to 5 g in 5 intakes (breakfast, lunch, intra workout, post workout, before dinner) for a 5 days period.
- **Maintenance Phase:** take 5 g (half scoop) daily preferably after training.

Available formats: Tin of 300 g.

NUTRITIONAL INFORMATION

Per serving of 5 g (half scoop)

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|----------------------|-----|---|
| Creatine monohydrate | 5,0 | g |
| • of which Creatine | 4,4 | g |