

be your best

CREATINE RECOVERY

WHAT IS IT?

Be your best Creatine Recovery

BENEFITS

Power Athletes CREATINE LOADING drink with 4:1:1 CARBOHYDRATE, PROTEIN and CREATINE

OPTIMUM CREATINE LOADING FOR PERFORMANCE AND LEAN MUSCLE MASS

RESEARCH HAS SHOWN THAT THE MOST EFFECTIVE RECOVERY SUPPLEMENT IS A 4:1 MIXTURE OF CARBOHYDRATE AND PROTEIN

DIRECTIONS

AFTER EXERCISE

Consume 2 level scoops (60 grams) in 1 pint cold water.

INGREDIENTS

Complex carbohydrate from corn starch (maltodextrin with dextrose equivalent 15), creatine monohydrate, whey protein isolate hydrolysate, flavouring, colour (carmoisine).

ALLERGY INFORMATION

CONTAINS NO NUTS, NO SOYA, NO MEAT PRODUCTS. CONTAINS WHEY PROTEIN ISOLATE.

NUTRITIONAL INFORMATION (dry basis*)

	Per 100g	Per 60g serving
Energy	1608kj 484 Cal	969kj 290.4 Cal
Protein	15g	9g
Carbohydrate	60g	36g
(of which is sugars)	30g	18g
Fat	0g	0g
Fibre	0.5g	0.3g
Sodium	0.2g	0.12g
Creatine Monohydrate	15g	9g

*The above results are determined in the absence of water which may comprise up to 6% as the powder absorbs moisture from the atmosphere.

Creatine monohydrate is the most effective non-hormonal supplement for

- Increasing lean muscle mass
- Improving athletic performance

Most effective in sports which involve repeated high intensity movement e.g. sprinting or wrestling; both team and individual sports.

- Supported by over 200 studies in humans
- Works by increasing muscle ATP regeneration and muscle protein synthesis
- Creatine is a natural product which is taken in with food and made in the body.

Muscle creatine levels can increase by supplementation in most people. Creatine cannot make you fat. It is safe and effective when used as directed by healthy individuals. Do not take if you are pregnant, nursing or unwell. Take with plenty of water.

Do not use before or during activity; use afterwards or on rest days. Suitable for vegetarians.

ALTHOUGH GLYCOGEN IS CARBOHYDRATE, RESEARCH HAS SHOWN THAT THE MOST EFFECTIVE SUPPLEMENT IS A 4:1 MIXTURE OF CARBOHYDRATE AND PROTEIN

This mixture drives the uptake of creatine by the muscles, assisted by the hormone insulin in the blood.

The most important time to replenish your muscles is during the hour after exercise, so that you are fully fit for your next session.

It is also the most effective time to absorb creatine. This replenishment is essential, whether you are an endurance athlete or power athlete.

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