

CreaTec

CreaTec™ Creatine Monohydrate is a natural compound found in the body that plays a powerful role in energy metabolism. Supplementation with Creatine Monohydrate can help maximize energy output during intense training to help you reach the next level. This nutrient maximizes strength, performance and muscular development.

Oral supplementation of creatine monohydrate has been shown to increase the resynthesis of ATP (adenosine triphosphate) from ADP (adenosine diphosphate) during muscle contractions. ATP is the molecule the muscle cells burn during muscle contraction. When the energy is released from the ATP molecule it drops off a phosphate, thus becoming ADP. Creatine combines with a phosphate molecule forming a phosphocreatine molecule which delivers the phosphate to the ADP molecule reforming ATP. This resynthesized ATP molecule is then ready to be utilized for energy again. Because the body only stores an 8 - 12 second supply of ATP, it is very important to increase the creatine pool and maximize the ATP-ADP phosphate shuttle. The result is more explosive muscular contractions, increased stamina and endurance, greater intensity and less muscular fatigue which delivers more muscle size and strength.

CreaTec's creatine monohydrate is produced in Germany in an ISO 9000 & 9001 certified factory. An ISO certification is the highest award a laboratory or factory can achieve. It surpasses the standards of OTC and even surpasses the strict standards of pharmaceutical manufacturing.

Recommended Use: During the loading phase take one rounded teaspoon (5 grams) 4 times per day (20 grams total) for 5 days. For maintenance period, take one rounded teaspoon (5 grams) once daily. Dissolve in juice or water.

Warning: Women should not use this product if pregnant, nursing or lactating. If you are using birth control pills, please consult your physician before use. Not intended for use by persons under the age of 18. Please consult your physician before use if you are taking prescription medications.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts	
Serving Size 5 g	
Servings Per Container 45	
Amount Per Serving	% Daily Value*
Creatine Monohydrate 5g	**
*Percent Daily Values are based on a 2,000 caloric diet.	
**Daily Value (DV) not established.	