

Creatine Monohydrate Powder

INCREASES LEAN MUSCLE MASS WHEN USED IN CONJUNCTION WITH A RESISTANCE TRAINING REGIMEN
450 G POWDER | NPN80130608 | CRTNMH-CN


MUSCULOSKELETAL HEALTH



Creatine levels decline naturally with age, and muscle strength declines at a rate of 1.2% to 1.5% per year after age 50. Creatine is one of the most researched supplements of all time, linked to over 64,000 peer-reviewed articles. Research shows it is one of the safest, and most effective ways to support athletic performance and maintain lean muscle mass at any age.

While creatine may give you a leg up in the weight room and on the field, it's not just beneficial for sports performance. It also supports neurocognitive function, metabolic health, healthy aging, energy production, women's health, and more. This formula is ideal for athletes, older individuals and aging populations, and vegans or vegetarians who do not consume adequate amounts of creatine-rich foods.

Benefits

- Brain and cognitive function
- Healthy aging
- Cellular energy production
- Skeletal muscle growth and strength
- Athletic performance and recovery
- Retention of lean body mass at any age

Recommended Dose

Adults 18 years and older: Mix 5 g (approx. 1 scoop) in 8-10 ounces of water 1-4 times per day. Do not exceed 5 g per single dose. Start with a loading phase of 5 g 3-4 times per day for 5-7 days, then follow with a maintenance phase of 5 g per day, or as directed by a health care practitioner. Refer to the product label for dosing instructions, age-appropriateness, and relative risk statements. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

Highlights

- 5 g of micronized creatine per scoop in a convenient powder that rapidly dissolves in liquid
- Formulated with micronized technology allowing for improved absorption and digestibility and enhanced bioavailability to targeted muscle tissue
- Neutral taste — unflavoured and unsweetened powder
- No artificial flavours, sweeteners, or dyes

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Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.
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