



## MAXIMUSCLE – CREATINE

- 100% Creatine Monohydrate
- Performance booster
- 60 servings per 300g tub

TAKE YOUR TRAINING TO THE NEXT LEVEL WITH CREATINE.



SUITABLE FOR VEGETARIANS



## WHAT IS IT?

Maximuscle Creatine powder is an unflavoured drink supplement that is proven to boost performance. Creatine is a non-essential dietary compound that is found naturally in foods such as meat and fish. Produced in small quantities (~1g) within the body (liver) and stored in our muscle cells. Creatine is used to power high intensity muscle contractions.

## WHAT MAKES IT DIFFERENT?

Maximuscle Creatine is 100% creatine monohydrate. Providing 5g per serving and suitable for vegetarians.

## HOW WILL IT HELP ME?

Creatine is one of the most researched ingredients with scientific proof for its effectiveness. Creatine increases physical performance in successive bursts of short-term, high intensity exercise (when a minimum of 3g creatine is consumed per day).

## WHEN SHOULD I USE IT?

Creatine is not time dependent, to achieve the maximum effect, muscle creatine stores should be saturated.

For the best results consume creatine daily across 1-3 servings of 3-10g. You could kick off your regime with a loading phase for 5 days (5g four times per day).

Use for 6-12 week cycle.

## INFORMED-SPORT

The entire Maximuscle range is screened for banned substances and is accredited on the Informed-Sport programme.

## KEY NUTRITIONALS

NUTRITION INFORMATION	Per 5g Serving
Creatine Monohydrate	5g
Of which Creatine	4.4g