

## Micronized Creatine Powder

**500 grams**

Item Catalog Number: 00610

Creatine is a non-protein amino acid derivative found in human tissue that is synthesized from the amino acids L-arginine, glycine, and L-methionine. Synthesized creatine is metabolized into phosphocreatine, an important storage form used by the brain, heart, and skeletal muscles.<sup>40</sup> In normal healthy individuals, muscle creatine is replenished at a rate of approximately two grams a day.<sup>41</sup> Oral ingestion of creatine has been shown to suppress the body's natural production, an effect that has been shown to be reversed upon ceasing supplementation.<sup>41</sup>

Creatine exerts various effects upon entering the muscle. It is these effects that elicit improvements in exercise performance and may be responsible for the improvements of muscle function and energy metabolism seen under certain conditions. Several mechanisms have been proposed to explain the increased exercise performance seen after creatine intake.<sup>42</sup>

1. Optimizing energy metabolism by maintaining higher levels of the body's energy compound adenosine triphosphate or ATP<sup>43-45</sup>
2. Increasing myofibrillar mRNA content and protein synthesis, and reducing amino acid oxidation and protein breakdown<sup>42,46,47</sup>
3. Increasing satellite cell and myonuclei number and activity in human skeletal muscle<sup>48</sup>
4. Preventing tissue damage by stabilizing cellular membranes and maintaining reserves of ATP<sup>42</sup>

Creatine monohydrate has become popular with athletes, but it may also be beneficial for people who are nutritionally deficient, have conditions associated with low cellular energy, muscle weakness, and those concerned with the muscular integrity of the heart.<sup>49-57</sup>

## References

### Supplement Facts

Serving Size 1/4 teaspoon (approximately 1250 mg)

Servings Per Container approximately 400

#### Amount Per Serving

CREAPURE® creatine monohydrate (micronized)

1250 mg

Other ingredients: none.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

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### Dosage and Use

- Take 1/4 teaspoon once daily.
- Take with meals or immediately following exercise.
- Mix with juice, water, or protein drink, or as recommended by a healthcare practitioner.

### Caution

People with impaired kidney function should avoid creatine supplements.

### Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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