



— Your Trusted Source —

# Creatine powder

micronized

Introduced 1997



## What Is It?

Creatine is an important compound utilized by skeletal muscle to regenerate the energy molecule ATP by enhancing levels of phosphocreatine.\*

## Uses For Creatine powder (micronized)

**Support For Physical Training:** Creatine monohydrate provides safe nutritional support for athletes seeking peak performance in short-duration, high-intensity workouts. By supporting the body's natural ability to regenerate the primary energy immediately available to working muscle, creatine monohydrate has the potential to increase optimal work output and delay fatigue in activities such as weight-lifting and sprinting. Furthermore, creatine may also support lean body mass.\*

## What Is The Source?

Creatine powder (micronized) is synthetically produced.

## Recommendations

Pure Encapsulations recommends 1–2 scoops daily, in divided doses, mixed with a beverage, or as directed by a health professional. Taking creatine with a sports drink or juice, such as grape juice, may help maximize muscle uptake of creatine.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. No consistent toxicity has been reported in studies of creatine supplementation. Creatine supplementation should be avoided by individuals with existing kidney disease.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

## Creatine powder (micronized)

<b>each scoop contains</b> <b>v</b>
creatine monohydrate .....4 g
<b>1-2 scoops daily, in divided doses, mixed with a beverage, or as directed by a health professional.</b>

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.