



## Dymatize Creatine Monohydrate Powder 300g Can



Are you looking for an extra performance kick during hard workouts? Creatine increases physical performance during high-speed strength training in the context of short-term intense physical activity.

**CHF 29.90**

Like you, Dymatize doesn't compromise on quality and uses only Creapure® - a high quality creatine monohydrate. Creatine is a naturally occurring substance in the body. It plays a crucial role in the transport and storage of energy in all cells. A daily supplement of 3 g creatine over a period of at least 4 weeks has already shown an increase in the amount of creatine in the muscle. Mixed with water or another caffeine-free beverage, the tasteless and highly pure Dymatize® CREATINE MONOHYDRATE is the perfect choice for intense training phases.

100% high quality Creapure® Creatine Monohydrate manufactured in Germany - Creatine enhances physical performance during high-speed strength training in the context of short-term intense physical stress.

- Excellent solubility
- Neutral taste
- Suitable for vegans, free of gluten and free of lactose
- Tested for banned substances by "Informed-Choice" to ensure both the safety of the athletes as well as highest product quality.

### **Recommended Consumption**

Max. 1 serving per day, provides 3 g creatine. The positive effect is achieved with a daily intake of 3 g creatine, recommended for at least 4-6 weeks.

Creatine is not suitable for children and adolescents. Only for adults during intensive physical activity. Preparation (1 serving): Mix 1 scoop (=3.4 g) in water or other caffeine-free beverage - scoop enclosed. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of reach of children.

**The Shark  
Fitness Company**



**Shark Fitness AG**  
Stores in Wettingen (ZH)  
and Wil (SG)

056 427 02 25  
info@sharkfitness.ch  
www.sharkfitness.ch

**Ingredients**

Creatine monohydrate

Packaging unit: 300g can

Flavor: neutral