



## Weider Creatine Capsules 100 capsules



Creatine monohydrate to swallow with liquid. Optimal during low-carbohydrate definition phase or in the muscle building phase.

CHF 24.90

### Creatine capsules from 100% Creapure

Per capsule 1000 mg creatine monohydrate with quality creapure Creapure stands for the highest purity. What does Creatine bring to the bodybuilder? The supply of ATP (energy currency of the body) is sufficient for about two to three seconds in the high performance range. The body must then break down the creatine phosphate stored in the muscle to form new ATP. If this did not happen, the performance would have to be aborted. The example of the popular bench press exercise can be used to illustrate this: When exercising with very heavy weight at about 70% of maximum power, the body has enough ATP for about two repetitions. The energy for the third and fourth repetitions is provided by the above-mentioned breakdown of creatine phosphate. Energy for the fifth and sixth repetitions is provided from the breakdown of stored muscle glycogen (stored sugar). Subsequently, the muscle overacidifies and the exercise must be stopped. By increasing the supply of creatine in the form of creatine monohydrate as a dietary supplement, the intermediate storage for the third and fourth repetitions can be increased. The more creatine phosphate is stored in the muscle, the higher the energy reserve. If the stores are filled to the maximum, at least two more repetitions can be completed in total because more energy is available. For example, it is often observed that a creatine diet can increase maximum bench press performance by 10 kilograms. This increase in performance can be transferred to any high-speed strength sport. Creatine is stored in the muscles. This storage of creatine also increases the flow of water and other nutrients into the muscle cells. The muscles are literally pumped up. On the one hand, the muscles look plumper, which leads to an optical muscle growth. In addition, depending on the initial content of creatine phosphate before the "cure", the body weight increases by up to 5 kilograms in six weeks.

Product features:



- Building and maintaining muscle mass and strength
- Storage of water in the muscles
- Per capsule 1000 mg creatine monohydrate with quality Creapure Creatine
- Creapure Creatine - the world's purest creatine

**Recommended intake of Weider Creatine Capsules:**

Stir 3 capsules of Weider Creapure Creatine into 0.3 liters of liquid (preferably grape juice) and drink preferably before breakfast or take three capsules of Weider Creapure Creatine with some liquid (preferably grape juice) after training. Intake period: 6-8 weeks, then intake break for two to four weeks before a new creatine cure is started. With the supply of Weider Pure Creatine, the creatine storage in the trained muscle can be replenished. This allows you to make your workout more intense and your muscles more stressed. Positive side effect: The muscles look plumper! Pure Creatine is a supplement that has already helped many athletes in connection with heavy training to success.

The task of creatine is to restore depleted ATP. The depleted creatine storage in the trained muscle can be replenished by the supply of Pure Creatine. And more energy means more performance in training. The training can be made more intensive, the muscles are more stressed, the growth stimulus is greater. A pleasant side effect is that the natural creatine store is located in the muscles. The more creatine is stored in the muscle, the more water can be stored in the trained muscles. The muscles look plumper.

Of course, Weider uses only tested and certified quality Made in Germany.

Not suitable for children and adolescents! Therefore, always look for the Creapure logo! The supply of creatine monohydrate can lead to weight gain due to increased water retention in the muscles.

Package: 1 can with 100 capsules acute: 1000mg Creapure Creatine.

Content: 124g