



## All Stars Creatine Monohydrate 500g Can



Creatine monohydrate improves the water balance in the muscle cell and thus creates one of the most important prerequisites for protein synthesis after athletic exertion.

**CHF 39.90**

In the muscle, creatine phosphate provides energy available in seconds when needed during physical exertion. The dietary supplement with creatine enables a rapid filling of the creatine phosphate reserves and thus supports the natural regeneration after strenuous training. Food supplement for the performance-oriented strength and endurance athlete.

Scientific studies brought the strength-increasing properties of creatine monohydrate to light as early as 1995. Since then, creatine monohydrate has become the most popular and widely used sports food worldwide. Creatine improves the water balance in the muscle cell and thus creates one of the most important prerequisites for building muscle substance.

The name ALL STARS stands for quality. All creatine products contain 100% pure, micronized creatine monohydrate. The production in the micronized process guarantees an optimal absorption and utilization (bioavailability) of the creatine supplied.

Advantages of creatine for the athlete:

- Increase in maximum strength by up to 11% in 5 days
- Increase in lean body mass of 2-4 kilos in 6 weeks
- Improvement of fast strength

Directions:

Mix 3g powder (1 scoop = 1 serving) with 200ml water in a shaker. 1 serving daily, preferably with breakfast, before or after training. Do not exceed the stated recommended daily intake. Weight gain may occur as a result of taking creatine. Take creatine over a period of 8-12 weeks. Then interrupt the intake

**The Shark  
Fitness Company**



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for 4 weeks. Then repeat Creatine application. The product is not suitable for children and pregnant women. Keep out of reach of small children. Pay attention to a balanced, varied diet and a healthy lifestyle.

Packaging unit: 500g can  
Flavor: neutral

Content: 500g