



Sponser Creatine Monohydrate 500g can



Pure creatine for muscle building, strength, interval and sprint sports.

CHF 37.50

100% pure creatine monohydrate, directly soluble in water, it is absorbed quickly and stomach friendly. Creatine is usually absorbed by the body through meat and fish and stored in the muscle fibers as creatine phosphate. The storage capacity depends on training condition, muscle structure and creatine intake. With supplementation, the creatine monohydrate content can be increased by more than 20%. This provides the muscle with greater energy reserves in the fast-acting range at the start of a workout. Creatine supplementation is especially recommended for vegetarians.

Advantages

- High quality guarantee and safety from residues and impurities
- Inexpensive
- Applications For muscle building of strength and fast strength athletes.

Loading phase

During 5-7 days, take 6-12 g of creatine monohydrate in 3-4 rations throughout the day, in combination with a carbohydrate drink.

Maintenance phase

2-4 g daily. The maintenance phase can last several weeks. After that, creatine supplementation should be interrupted for at least 1 month in order not to stop the body's own creatine production.

Packaging unit: 500g can

**The Shark
Fitness Company**



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

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

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