



Sponser Sponser HMB & Creatine Synergy 320g can



HMB & CREATINE SYNERGY by Sponser® is a high performance supplement for ambitious athletes. The powdered dietary supplement consists of HMB, creatine and ribose and contains the dosages used in efficacy studies. HMB & CREATINE SYNERGY combines the effect of increased fast strength and anaerobic performance with improved recovery.

CHF 39.00

Creatine enhances performance during high-speed, short-duration, high-intensity exercise. Creatine is preferably used for energy supply in anaerobic and alactacid sports: For example, athletics (sprinting, throwing disciplines), swimming or rowing used as well as in the field of muscle and strength building. This allows not only a directly improved performance in competition, but of course also allows a more intensive training and thus indirectly promote future competitive performance.

HMB (abbreviation for β -hydroxy- β -methylbutyrate) is a metabolic product of the amino acid L-leucine and thus fulfills a similar function in the anti-catabolic area (muscle maintenance). Muscle maintenance plays a crucial role especially after (sports-related) injuries and forced bed rest. Unlike protein, however, HMB is not considered an anabolic substance.

Due to their different mechanisms of action, creatine and HMB ideally complement each other in a synergistic manner, both in terms of performance enhancement in the anaerobic-lactacidic range and in terms of recovery promotion, as has been shown in recent studies.

In this study (Fernández-Landa, 2020a), elite rowers completed a lactate level test on the rowing ergometer. After 10 weeks of creatine, HMB, creatine+HMB, or placebo, the combined intake of creatine and HMB was shown to produce an

additional, synergistic increase in performance not only compared to placebo, but also compared to the two single supplement groups (at anaerobic threshold, lactate 4 mmol/L and 8 mmol/L).

In addition to these performance parameters, both increased testosterone and lower cortisol levels were also demonstrated in the supplemented athletes. This confirms the inherently expected positive effects of creatine and HMB on recovery. However, it is interesting to note that the two supplements also



complemented each other synergistically in this case (Fernández-Landa, 2020b).

To top it off, HMB & CREATINE SYNERGY also contains ribose and calcium. Ribose is a so-called structural sugar and has its function, for example, in the structure of our RNA and DNA, but also in the formation and storage of ATP. This energy carrier is in turn closely linked to the function and effect of creatine. Finally, calcium also contributes to the normal function of muscles and energy metabolism.

This product is vegan.

Packaging unit: 320g can

Flavor: Neutral

Content: 320g