



Powerfood One High Grade Creatine 500g Can



PowerFood One High Grade Creatine is an ultra-fine micronized creatine form that is very easily dissolved and metabolized, unlike other creatine monohydrate forms.

CHF 49.90

The creatine molecule is the main energy carrier in muscle cells. As phosphocreatine, it stores high-energy residues of phosphoric acid (phosphate radicals) and distributes them for protein synthesis and contractions of the muscle fiber. Dietary supplementation with PowerFood One High Grade Creatine results in: - rapid resynthesis of ATP (direct source of energy) - increase in strength and lean muscle mass during intense muscle training - anti-catabolic effect - increased energy supply to the organism.

APPLICATION

Intended for adults, especially strength and competitive athletes.

RECOMMENDATION FOR USE

Dissolve 3g of powder in 150 ml of liquid daily and consume.

COMPOSITION

100% creatine monohydrate

Packaging unit: 500g can

Flavor: neutral