



## Powerfood One High Grade Creatine 300 Capsules



Enjoy an active lifestyle - be more powerful! PowerFood One High Grade Creatine in the high dose capsule form. Feel fit, healthy and strong. Our High Grade Creatine Caps with creatine monohydrate in high concentration support you in all your workouts and provide more fast power.

CHF 38.90

PowerFood One High Grade Creatine is an ultra-fine micronized creatine form that is very easily dissolved and metabolized, unlike other creatine monohydrate forms. The creatine molecule is the main energy source in muscle cells. As phosphocreatine, it stores high-energy residues of phosphoric acid (phosphate radicals) and distributes them for protein synthesis and muscle fiber contractions. 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 intensive muscle training - anti-catabolic effect - increased energy supply to the organism.

### RECOMMENDED DOSAGE

Take 3 capsules daily unchewed with sufficient water.

### INGREDIENTS

86,0 % creatine monohydrate, coating agent: hydroxypropylmethylcellulose (vegetable capsule shell).

**The Shark  
Fitness Company**



**Shark Fitness AG**  
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Packaging unit: 300 capsules