



Optimum Nutrition Creatine 2500 (200 capsules)



THE MOST POPULAR SUPPLEMENTARY FOOD WORLDWIDE in the SUCCESSFUL OPTIMUM NUTRITION CREATINE 2500 CAPS CREATINE is the supplementary food for competitive athletes to meet increased creatine requirements during intense physical exertion in the anaerobic range, such as weightlifting. The effect of creatine supplementation as well as increase of fast strength has been proven in numerous studies. Creatine allows athletes to increase their performance and is therefore in modern sports nutrition indisputably the most popular and best-selling strength and quick strength supplement in the world.

CHF 47.90

Creatine can also be formed by the body and 95% of it is found in skeletal muscles. However, to supply the same amount as a teaspoon of creatine = 5 g, you need to eat about 1.1 kg of beef. Regardless of the amount, the fat content would be too high for athletic success.

The task of creatine is to restore depleted ATP (ATP= energy-enriched phosphate, without which the body has no strength - regardless of muscle mass). The creatine stores in the trained muscle, depleted by exercise, can be replenished by the supply of OPTIMUM NUTRITION CREATINE 2500 CAPS. More energy means more performance in training. The more intensively the training can be completed, the sooner one's own athletic goals can be achieved.

Quality

OPTIMUM NUTRITION CREATINE 2500 CAPS is processed exclusively microfine quality creatine. This has excellent floating properties in liquid and can be drunk almost without residue in the glass.

To get full benefit from the product during creatine supplementation, you should exercise regularly and intensively, increase your protein intake, and limit your caffeine intake to 1-2 cups a day. Creatine cannot build muscle tissue, only protein can do that.

You cannot choose between OPTIMUM NUTRITION CREATINE 2500 CAPS or protein, only both



nutrients in combination will let you progress. Never take creatine products at the same time as a meal - the dietary fat they contain reduces the effectiveness of creatine.

Consumption recommendation

On the first 1-3 days take 4 x 5 g with some liquid (preferably grape juice). From the 4th-7th day take 2 x 5g. Maintenance dose 4 g creatine daily.

Attention!

Creatine-containing products are not suitable for children and adolescents and are not intended for long-term use. The intake should be only a few weeks in total. The intake of creatine can lead to weight gain and increased water retention in the muscles.

Ingredients

100% pure creatine monohydrate (CREAPURE (TM))

Packaging unit: 200 capsules à 1250mg

Flavor: neutral