



Dymatize Creatine Monohydrate Powder 500g Can



Are you looking for an extra performance kick during hard workouts? Creatine increases physical performance during high-speed strength training in the context of short-term intense physical activity.

CHF 47.90

Like you, Dymatize doesn't compromise on quality and uses only Creapure® - a high quality creatine monohydrate. Creatine is a naturally occurring substance in the body. It plays a crucial role in the transport and storage of energy in all cells. A daily supplement of 3 g creatine over a period of at least 4 weeks has already shown an increase in the amount of creatine in the muscle. Mixed with water or another caffeine-free beverage, the tasteless and highly pure Dymatize® CREATINE MONOHYDRATE is the perfect choice for intense training phases.

- 100% high quality Creapure® Creatine Monohydrate manufactured in Germany.
- Creatine increases physical performance during high-speed strength training in the context of short-term
 - intense physical exertion
- Excellent solubility
- Neutral taste
- Suitable for vegans, free of gluten and free of lactose
- Tested for banned substances by "Informed-Choice" to ensure both the safety of the
 - athletes as well as highest product quality.

Recommended Consumption

Max. 1 serving per day, provides 3 g creatine. The positive effect is achieved with a daily intake of 3 g creatine, recommended for at least 4-6 weeks.

Creatine is not suitable for children and adolescents. Only for adults during intensive physical activity.

Preparation (1 serving): Mix 1 scoop (=3.4 g) in water or other caffeine-free beverage - scoop enclosed.

Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of reach of children.

**The Shark
Fitness Company**



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Ingredients

Creatine monohydrate

Packaging unit: 500g can

Flavor: neutral