



All Stars Creatine Monohydrate, 150 capsules



high-purity creatine monohydrate, gelatine-free capsules, easy-to-swallow capsules, 150 Mega Caps

CHF 28.85

ALL STARS MEGA CAPS

Gelatine-free Mega Caps with 2856mg creatine monohydrate per serving.

How are Creati Caps used?

Creatine is used by bodybuilders, strength athletes and now also by speed, endurance and fitness athletes. The EFSA (European Food Safety Authority) has confirmed the performance-enhancing effect of a daily intake of 3g creatine or more during high-speed strength training in the context of short-term intensive physical activity. Creatine has a beneficial effect on energy supply and athletes use creatine specifically to increase muscle pump and strength. In combination with a coordinated training program, creatine can promote muscle building and lead to an increase in strength.

What do the Mega Caps from **ALL STARS** contain?

The Mega Caps contain 714mg creatine monohydrate per capsule. Each 4 capsules form a portion and thus provide 2856mg of high-quality creatine. In addition, the product contains only the ingredients for the gelatine-free capsule shell. The capsules are easy to swallow, simple to dose and convenient to transport. The daily intake should be taken at breakfast or around training with sufficient liquid.



We recommend taking the creatine capsules over a period of 8-12 weeks, during which time weight gain may occur. This phase should be followed by a 4-week break, after which the capsules can be taken again.

Packaging unit: 150 capsules