



## Weider Creatine HCL 150 capsules



Suitable for the diet and definition phase  
(maximum power - less water retention!)

CHF 42.00

Creatine is a substance produced naturally in the body and is mainly found in the muscles. There, creatine serves to regenerate the "energy currency" adenosine triphosphate (ATP) and thus provides additional energy. This extra energy boost allows you to break through limits in your workouts and set new records. The daily intake of 3 g creatine increases physical performance during high-speed strength training as part of short-term intensive physical activity.

- high-quality creatine in the hydrochloride form (HCl)
- for intensive training phases
- recommended intake after training or with a meal on non-training days

### INGREDIENTS

Creatine hydrochloride, hydroxypropyl methylcellulose (capsule shell), anti-caking agent: magnesium salts of fatty acids.

### NUTRITIONAL INFORMATION

**The Shark  
Fitness Company**



**Shark Fitness AG**  
Stores in Wettingen (ZH)  
and Wil (SG)

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per 3 capsules

3000mg creatine

Packaging unit: 150 capsules