

Scitec Nutrition 100% CREATINE - 100% Creatine



Price: £21.95

Product Categories: [Creatines](#), [Scitec Nutrition](#)

Product Page: <https://topsupplement.co.uk/product/100-creatine>

Product Variants

- Scitec Nutrition 100% CREATINE - 100% Creatine - 100g (#11214)
- Scitec Nutrition 100% CREATINE - 100% Creatine - 300g (#10234)
- Scitec Nutrition 100% CREATINE - 100% Creatine - 500g (#10235)
- Scitec Nutrition 100% CREATINE - 100% Creatine - 1000g (#11215)

Product Summary

Directions

The beneficial effect is obtained with a daily intake of at least 3 grams of Creatine! Divide your bodyweight in kg by 3. That is the total amount of Creatine in grams you should take daily in the “loading phase” (first week of use). After that period, take no more than half of that amount for maintenance. Use on an empty stomach, mainly after training, with simple carbohydrates. Use 400 ml fluid for every 5 grams of Creatine to achieve proper solution. Don't take more than 10 grams in one sitting, spread out the daily dose!

Product Description

Creatine is a nitrogenous organic acid that occurs in vertebrates. Approximately 95% of the Creatine in the body is located in skeletal muscle. It helps to supply energy to all cells, primarily muscle, by increasing the formation of Adenosine TriPhosphate (ATP) acting as cell energy reserve also for muscle contractions. 100% CREATINE contains the most studied Creatine form ever. Creatine in a 3 g daily dose is scientifically proven to increase performance in successive burst of short-term, high intensity exercise like weight training and interval cardio*.

**This statement has been scientifically proven and authorized by the European Food Safety Authority.*