



AFTER TRAINING

This food supplement is for those who train regularly and want to take creatine. Ideal for improving recovery after training. It has the advantage of being instantaneous (can be diluted with a spoon). It contains 5 grams of creatine per serving, vitamins and minerals too.

Contents

Whey Proteins, carbohydrates, creatine , rich in BCAA , Glutamine , essential amino acids with vitamins and minerals.

Available in 2 delicious aromas

Vanilla and chocolate.

Price

85,00 Frs per unit of 1845 g

[Analyse quantitative](#)

Indications

After Training is a formulation specially adapted to maximize recovery and muscle development after efforts of resistance. **After Training** is a source of milk proteins (whey proteins) with high biological values, particularly rich in branched chain amino acids, glutamine and essential amino acids, which promotes muscle protein resynthesis .

After Training

also contains carbohydrates which improve glycogen (glucides) restoration in the liver and muscles cells. Carbohydrates are also necessary for optimizing protein synthesis in muscle cells.

After training

is food supplement with high nutritional density because its contains vitamins and minrals.

After training

also contains pure micronised creatine monohydrate. Creatine increases not only power and strenght, but also the development of muscle cells and the recovery of athletes (for more information about creatine, see

Power Crea

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Ingredients

Whey proteins (concentrate and isolat) including: betalactoglobuline , alphaglobuline , IgG , albumin, peptide, lactoferrin, fructose , glucose syrup , creatine monohydrate , aroma, calcium carbonate , sodium chloride , magnesium oxide , potassium chloride , ascorbic acid, alpha tocopherol, niacinamide , ferrous fumarate , beta- carotene , zinc oxide , calcium pantothenate , pyridoxine , riboflavin, thiamine, cholecalciferol , folic acid , biotin, cyanocobalamin .

Use

Loading dose :

Mix in the shaker or directly to the spoon , 3 level scoops of After Training (52.5 g) in 300 ml water or skim milk after training for 30 days.

Maintenance dose :

Use the same dosage in loading dose, but only 1 day 2 .

Caution

After Training is not suitable for children or young people in period of growth or for long- term use . After Training may cause weight gain. Please follow the instructions to avoid unnecessary excess creatin

Not suitable for diabetics