



### POWER CREA

**Power Crea** is a food supplement which contains micronised (highly assimilable) form of creatine monohydrate, the most efficient and less expensive form of creatine supplement.

**Power Crea**

improves the synthesis of ATP during anaerobic efforts, namely intermittent high intensity and short time exercise. This results in an increase of strength and power as well better post exercise recovery.

**Power Crea**

improves hydration and consequently the synthesis of protein in muscle cells. Hence

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increases not only strenght but also the development of muscle.

### Contents

Powder: Pure micronised creatine monohydrate. Lozenge : 1 g of pure micronised creatine monohydrate per lozenge.

**Price** 19,90 Frs per unit of 150 g

47,90 Frs per unit of 500 g

26,00 Frs per unit of 60 lozenges

**Indications**

**Power Crea** is indicated for physical activities of short duration and high intensity .

Creatine should not be recommended for endurance sports because it could bring more disadvantages than benefits to the athlete.

### Ingredients

Pure micronised creatine monohydrate (powder).

Pure micronised creatine monohydrate (1g per tablet), sorbitol , excipients, orange aroma.

### Utilisation

The normally recommended dose\* for creatine is 20 g per day for 5 to 7 days to saturate muscles in free and phosphorylated creatine.

However, recent studies have shown that a dose of 4 g per day (two level scoops of powder a day or four lozenges) for 30 days gave similar results. This is the dose that we recommend because it is better tolerated for athletes. After 30 days, when muscle cells are saturated in creatine, the dose should be reduced by half (one level scoop of powder a day or two lozenges) in order to maintain adequate saturation level of creatine in muscle and avoid unuseful excess of creatine.

NB : \* recommended dose are given for a body mass of 70 kg. Adapt proportionnaly the dose to your weight.

### Advice

Use with carbohydrates and proteins drink in the hour following the end of an effort to optimize the efficiency of creatine supplementation.

### Caution

It is useless to exceed the creatine dose recommended because any excess will be eliminated in the urine.

At recommended doses there is no scientific evidence that shows that creatine can be detrimental to health. However uncertainties remain especially when the indicated dosage is not respected (long-term excess of creatine). Please follow the instructions to avoid unnecessary excess creatine.

**Power Crea** is not suitable for children or young people in period of growth or for long- term use.

**Power crea** may cause weight gain.