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Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

CTN 100 Creatine, 500 grams

Product number: PM8931



Price

Quantity	Unit price	Base price
To 1	€25.00	€50.00 / 1 Kilogramm
To 4	€23.70	€47.40 / 1 Kilogramm
From 5	€22.50	€45.00 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

The body produces creatine itself – but not always enough

Creatine is more than a topic for fitness and muscle building. The body synthesises the compound itself and stores it mainly in muscles, but also in the brain and heart. Approximately 1 to 2 g of endogenous creatine are produced daily; additional amounts are obtained from the diet, particularly from meat and fish.

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With intensive training the requirement increases. Endogenous synthesis can also decline with age. Those who follow a plant-based diet also consume very little creatine from food.

The benefits of creatine at a glance

- **During intensive training:** Creatine increases physical performance in short-term, high-intensity exercise when taken daily at 3 g.*
- **From age 55:** 3 g creatine daily can, in combination with regular resistance training, enhance the effect of training on muscle strength.**
- **With a plant-based diet:** Meat and fish are absent as natural sources of creatine – endogenous production remains the most important source.

Where is creatine stored?

Around 95% of the creatine in the body is found in skeletal muscle. There it serves as a rapidly available energy carrier during intense exertion. However, the stores are limited and are depleted with regular, intensive training. Diet alone is often not sufficient to fully replenish them [1].

Why creatine monohydrate?

Creatine monohydrate is the classic and best-studied form of creatine. It is considered particularly well researched and is characterised by reliable uptake. The powder contains pure creatine monohydrate – without unnecessary additives or fillers.

What does 200 Mesh mean?

200 Mesh denotes a fineness standard for particularly fine creatine powder. This allows it to disperse evenly in liquids and to be stirred in easily. Clumping, gritty mouthfeel and larger powder residues are reduced.

Creatine and muscle strength from age 55

There are two independent health claims regarding creatine recognised by the European Food Safety Authority (EFSA). In addition to the support of physical performance during short-term, high-intensity exercise, another claim concerns muscle strength in adults over 55 years in combination with resistance training [2][3].

With increasing age, muscle mass and muscle strength naturally decline. Regular resistance training can counteract this process. Studies show that creatine combined with resistance training at least three times weekly over several weeks can increase the training effect on muscle strength in people over 55 years [2].

Pure creatine monohydrate for performance and muscle maintenance

The powder contains pure creatine monohydrate and is suitable for anyone who wants to support their physical performance during intensive training or, in older age, specifically complement the effect of resistance training on muscle strength.

How does creatine monohydrate differ from other forms of creatine?

* The positive effect on physical performance is achieved with a daily intake of 3 g creatine.
** The positive effect on muscle strength in adults over 55 years is achieved with a daily intake of 3 g creatine in combination with resistance training at least three times weekly over several weeks.

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Sources:
[s1] Antonio J, Candow DG, Forbes SC et al. (2021). *Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?* Journal of the International Society of Sports Nutrition 18(1):13.
[s2] EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA) (2016). *Creatine in combination with resistance training and improvement in muscle strength.* EFSA Journal 14(2):4400.
[s3] EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA) (2011). *Scientific Opinion on the substantiation of health claims related to creatine and increase in physical performance during short-term, high intensity, repeated exercise bouts.* EFSA Journal 9(7):2303.

Key ingredients

Key ingredients*	per daily serving (measuring scoop) (3 grams)
Creatine (monohydrate, pharmaceutically pure)	3 g

* No reference intake is specified according to the FIC.

Ingredients

N-Methyl-N-guanyl-glycine (creatine).

Directions for use

Stir one level scoop into water, juice or a smoothie and drink.

Storage instructions

Store in a cool, dry, dark place (do not refrigerate).

Legal notice

The recommended daily intake should not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of young children.

Product information

Application:	Sport
Dosage form:	In powder form.
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements