

Creatine Powder 200 gr Creapure 100% Neutral

EAN: 8436540536563 FABRICANTE: VIT.O.BEST



The high concentration of creatine in muscles helps improve physical performance in successive series of short, high-intensity exercises, which is why Creatine Monohydrate Powder, from Vitobest®, is designed for high-performance athletes.

DESCRIPTION

Vitobest Creatine in its formula contains creatine monohydrate from **Creapure®**, the only brand that has managed to combine the three quality elemental components for the production of this active ingredient:

- Careful selection of raw materials.
- Maximum technological capacity (thanks to a highly advanced process technique under GMP conditions).
- Scrupulous analytical methods.

Benefits of Vitobest Creatine

- Increased Power.
- Improved recovery of maximum strength between efforts.
- Greater availability of energy to carry out muscle contractions.
- Uses: Pre Workout and Post Workout.
- A delay in the onset of fatigue and an increase in lean muscle mass.
- Creatine monohydrate (**Creapure®**).
- Ideal for high performance athletes.
- A daily intake of 3 g of creatine improves physical performance in successive series of short, high-intensity exercises.
- Suitable for people with celiac disease.

Allergens: does not contain. Gluten free.

Ingredients: Creatine monohydrate (Creapure®) with 99.99% purity.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241118
<https://bio-farma.es/buy/f/vit-o-best/creatine-powder-200-gr-creapure-100-neutral>



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Composition for 3 g

Creapure®

Creatine Monohydrate 3000 mg

Nutritional Information for 3 g per 100 g

Energy value	37.66 kJ	1255.2 kJ
	9 kcal	300 kcal
Fats	0 g	0 g
of which saturated	0 g	0 g
Carbohydrates	0 g	0 g
of which sugars	0 g	0 g
Proteins (amino acids)	0 g	0 g
Salt	0 g	0 g

Instructions for use

Take one level scoop (3 g) before training.

Creapure® - effective and pure


In its role of helping to transport energy in the form of phosphorylcreatine within the cells, creatine is a natural dietary supplement option for athletes. Taking extra creatine increases phosphorylcreatine stores in the muscles. This in turn improves performance and aids recovery, both in training and competition.

The purity of creatine is just as important as its effectiveness. Alzchem AG has developed a very safe process for manufacturing an ultra-pure product. We have built our own facility in Germany dedicated to the manufacturing of creatine. This, plus regular internal and external quality controls, along with ongoing scientific analysis, helps to ensure that the quality of each production batch is the best possible.

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Alzchem markets creatine monohydrate under the brand name Creapure® to leading sports nutritional supplement producers worldwide. Manufacturers using the Creapure® logo on their packaging show that the product contains a high-quality ingredient from a trusted source in Germany.

Creapure® for energy and endurance

Creatine plays a vital role in the transport and storage of energy in every cell of the human body. An adult body contains between 80 and 130 grams of this natural substance. However, the body digests and excretes between one and two percent of creatine daily and its stock needs to be replenished regularly. Some of it can be synthesized by various organs, and the rest must be absorbed through food. The following applies: Creatine is found in significant quantities only in meat and fish, but not in vegetables or dairy products.

Creapure® for muscles and strength

Muscles and strength are developed and built through exercise. During exercise, muscles are in action and perform work tasks, for which energy is needed. This energy is extracted from carbohydrates and fats and made available to muscle cells through various metabolic processes. Creatine and its energy form, creatine phosphate, play an important role in this energy supply, especially when the muscle is brought into action after rest and when a larger amount of energy is needed in a short period of time.

Creapure® in high performance sports


Creatine is a bodily substance formed in the liver and kidneys from the amino acids glycine, arginine and methionine. Creatine and creatine phosphate play an important role in supplying the body with energy. Since the 1990s, many athletes and scientists have found creatine in the form of creatine monohydrate to be the most effective dietary supplement for improving and increasing exercise levels, muscle strength and fat-free body mass. Athletes in many disciplines, including cycling, sprint racing, swimming and football, have been taking creatine for many years with excellent results.

Creatine is classified as a Category A supplement by several sporting organisations, including the Australian Institute of Sport, the Swiss Olympic Board and the Swiss Society of Sports Nutrition. This means that the performance-enhancing effect of creatine intake is recognised and supported in certain situations.

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More energy with creatine

In the case of short, intense stress, such as sprint races or forced loads, the muscles need higher energy levels in the shortest possible time. At the beginning of this anaerobic exercise (involving metabolic processes without oxygen), the muscle cells must therefore draw on energy sources that are immediately available. These are stored in the body in the form of the substances adenosine triphosphate (ATP) and creatine phosphate. The increased availability of creatine and creatine phosphate increases the energy supply and leads to better performance. ATP and creatine phosphate therefore help to reduce the time until the breakdown of glucose (glycolysis), glycogen (glycogenolysis) and fat (lipolysis and fatty acid oxidation) can release more energy.

In addition, creatine leads to an increase in muscle mass and strength.

Creapure®, the source of pure creatine monohydrate

Creapure® is the brand name for creatine monohydrate produced by Alzchem AG in Germany. Our specially designed production facility is located in the Bavarian town of Trostberg and is subject to the highest standards in terms of quality, cleanliness and safety. Every batch of Creapure® is meticulously tested to ensure purity before leaving the factory. Creapure® is on the Cologne List®. This means that it is regularly tested at Olympiastützpunkt Rheinland in Germany for contamination by steroids or other stimulants. Incidentally, creatine is not on the WADA (World Anti-Doping Agency) list of prohibited substances.


Other effects of creatine

Creatine monohydrate helps to stabilise cellular pH (acidity). This is particularly important in cases of intensive stress, where the intracellular fluid tends to become hyperacid. In addition, creatine also plays a role in balancing the various aerobic and anaerobic energy sources (e.g. glycolysis) available to the cells. The use of creatine supplements can also be helpful in rehabilitation. On the one hand, this helps to reduce muscle mass loss during immobilisation, but also supports the build-up of muscle mass and strength during rehabilitation training.

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