



The Institute of Human Performance

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POWER CREATINE - 400g

\$ 18.87

Pure creatine monohydrate

- Improve Muscle Strength, Density & Size
- Increase Your Power Output

Get the most from your muscles.

Are you strong enough? Are you fast enough? Do you look in the mirror and see a body that could be bigger? Have you hit a plateau with your training? You can quickly gain more size and strength naturally with 100% pure pharmaceutical grade creatine monohydrate. Power Creatine can maximize your athletic performance by raising the level of ergogenic creatine in your muscles.

Creatine is an essential compound in the body's anaerobic energy cycle. It recycles the compound (ATP - from ADP) that directly provides the energy for intense muscular contraction. If creatine is not present in sufficient amounts, energy for intense exertion is both low and slower to recover. Supplementation of creatine increases available muscular energy for that set of squats, or that sprint, or that jump, or that play, or that swing, and so on. Likewise, creatine will enable quicker recovery for that next effort, just seconds away. The result is that you get stronger, bigger, and quicker.

The real deal – guaranteed quality.

Champion Nutrition's Power Creatine is 100% creatine monohydrate. On request, Champion Nutrition would be more than happy to provide you with a Certificate of Analysis from an independent laboratory. We take

pride in our product, consider ourselves a partner in your athletic endeavors, and - above all - we value the trust you put in our products.

The creatine market has become a very competitive market with lower prices showing up daily. In order to get those lower prices, manufacturers must take shortcuts to remain competitive. Those shortcuts might cut costs, but can negate the positive effects of creatine. Impurities such as creatinine, cyclo-creatine and dyciandiamide, that negate the positive effects of creatine and can be harmful, show up frequently in cheap creatine products. These impurities don't always show up on the standard test run by most manufacturers. That's why we take the extra steps to provide you with an independent lab analysis to ensure that our creatine is absolutely 100% pure!

Power Creatine can help you achieve your true potential.

Many athletes in all sports already know that creatine gets incredible results and helps them win. For bodybuilding, fitness training, powerlifting, football, baseball, basketball, soccer, track and field, Olympic-style weightlifting, volleyball, golf –you name it - this supplement helps you significantly increase muscular strength and put on lean muscle mass like no other. It really helps you push your limits and maximize your true potential.

SUPPLEMENT FACTS

Serving size 1 scoop

Amount Per Serving

% Daily Value*

Creatine Monohydrate	5 g	†
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* Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established

Ingredients: HPLC pure creatine monohydrate.

Frequently Asked Questions:

Q. How does creatine work?

A. Once creatine is absorbed into muscle it undergoes a reaction that converts it to creatine phosphate, the high-energy compound that promotes increase strength. It is in this form that the body uses creatine to regenerate ATP once it has been used in muscle contraction.

Q. Will the use of creatine for extended periods of time be harmful?

A. Anything in excess has the potential to be harmful. Creatine is no exception. That is why we recommend that you cycle the use of creatine from loading phase to maintenance phase, then take 2 weeks off and restart in the maintenance phase.

The statements presented on this website have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

[Vendor Information](#)

Customer Reviews: There are yet no reviews for this product.
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