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Creatine is bodybuilding's ultimate supplement. It has been shown to significantly increase lean muscle mass in a relatively short time. It is also been shown to improve performance in high-intensity exercise, increase energy levels, and speed up recovery rates. It's no wonder athletes who use it have such of an edge over those who do not. Creatine's ability to enhance energy reserves in muscles comes from its protein synthesizing properties, while minimizing protein breakdown. This occurs because creatine has the ability to rehydrate muscle cells while enhancing muscle growth by strengthening the muscle fibers.

There have been over twenty double blind, placebo-controlled studies conducted on creatine in the past five years. They showed that creatine aided in increased energy levels, resulting in increased strength, endurance levels, and recovery rates. Another unexpected benefit attributed to creatine was its ability to accelerate fat loss, while building lean body mass!

Available in 90 & 180 count bottles

Suggested Use: As a dietary supplement, take three (3) tablets 30 to 45 minutes before and/or after training with 8-12 ounces of juice or high carbohydrate beverage. It may be advisable to take this product in cycles: 4 to 6 weeks on, then 4 to 6 weeks off. Do not exceed six (6) tablets per day.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 60

	Amount Per Serving	% Daily Value†
Creatine Monohydrate	4800mg	*
Creatine Phosphate	190mg	*
Creatine Pyruvate	25mg	*

†Percent Daily Values based on a 2,000 calorie diet.

*Daily Value not established

CAUTION: Do not exceed recommended dose. This product is not intended for pregnant or nursing mothers or children under the age of 18. Maintain sufficient fluid intake while taking this product. If you have a known medical condition and have questions about the advisability of taking this product, consult your physician prior to use