

## PREMIUM CREATINE GUMMIES

- Reduces tiredness and fatigue
- Contributes to muscle growth and strength development
- Improves recovery

Creatine is a derivative of amino acids composed of glycine, arginine, and methionine. It is naturally found in food, but consuming large quantities would be necessary to obtain the amounts required to have a significant effect on the body. That's why **Premium Creatine Gummies** is ideal for those who want a **sweet treat without guilt** while getting the necessary creatine **to improve their physical performance**.

**Creatine helps regenerate ATP**, the energy source for muscle contractions. During high-intensity, short-duration activities, the body uses phosphocreatine to form ATP, delaying energy production through the anaerobic pathway. This postpones the onset of fatigue and helps muscles recover better and faster from the work performed.

### The main benefits of creatine are:

- Increased strength and power
- Enhances performance in explosive and short-duration exercises
- Greater training capacity: allows for more repetitions or sets during workouts
- Muscle mass increase: promotes water retentions in muscle cells, which can lead to increased muscle volume
- Improved recovery: reduces muscle fatigue and speeds up recovery between training sessions
- Potential cognitive benefits: some studies suggest it may improve memory and cognitive function, especially in older adults or those with certain conditions.

**INGREDIENTS:** Inulin, creatine monohydrate, sweetener: maltitol; gelling agent: pectin; water, acidifier: citric acid; natural colour: carmine; flavouring, glazing agent: carnauba wax; acidity regulator: tricalcium citrate.

**DIRECTIONS FOR USE:** Take 3 gummies per day.

**PRESENTATION:** Jar of 60 gummies (20 servings)

**FLAVOR:** CherryPop



Nutritional Information	per 3 gummies
Energy	63 kJ/15 kcal
Fat	0 g
- of which saturates	0 g
Carbohydrates	1,5 g
- of which sugars	1,1 g
Fibre	4,9 g
Protein	0 g
Salt	0,02 g
Creatine monohydrate	3,5 g
- of which Creatine	3 g

