

**WEIDER®**

# NEXT GENERATION CREATINE



## MICRONIZED CREATINE

- Micronized Creatine 200 MESH
- With AstraGin®
- Excellent absorption



**BLUERASPERRY BUBBLE GUM**

A WEIDER INNOVATION  
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Creatine (C) is a very common supplement among athletes. Many studies have demonstrated its ergogenic effect by increasing the reserves of phosphocreatine (PC) at the muscular level, and therefore of ATP.

ATP is the energy molecule the muscle uses during high intensity and short duration efforts, therefore supplementation with creatine (C) increases the energy supply to the muscles, as well as facilitating the resynthesis of phosphocreatine (PC).

All this translates into increased strength and improved recovery capacity between sets, which allows you to increase the intensity of your workouts to improve day after day.

In order to help you achieve your best results, **Weider** has formulated a micronized creatine, 200 mesh. This refers to the good solubility in water, and therefore to better absorption in the organism due to the size of the particles.

In order to take the creatine to a next level, we have added **AstraGin®**, a patented 100% plant based compound that increases the absorption of many vital nutrients promoting a healthy intestinal environment. It has numerous studies that support its efficiency. Specifically for this product, **it increases the absorption of amino acids such as creatine by 33%**.

In **Weider** we always want to keep innovating, and that is why we have added flavor to our creatine, **an incredibly good flavor, blueraspberry**. When you try it, it will not leave anyone indifferent.

**DIRECTIONS FOR USE:** Mix 4,6 g powder (1+1/2 measuring scoops) with 150 ml of water.

**PRESENTATION:** 300g (65 servings) / 70g (15 servings)

**FLAVOUR:** Blueraspberry Bubble Gum

**RECOMMENDATION:** 1 serving per day during 6 weeks, then take a break for 2-4 weeks.



**INGREDIENTS:** Creatine monohydrate, maltodextrin, flavourings, acid: citric acid; spirulina concentrate, anti-caking agent: silicon dioxide; AstraGin®<sup>2</sup> (Panax notoginseng root extract, Astragalus membranaceus root extract), sweeteners: sucralose, steviol glycosides from stevia.

Nutritional Information	Per portion*
Energy	17 kJ / 4 kcal
Fat	0 g
- of which saturates	0 g
Carbohydrates	1 g
- of which sugars	0 g
Protein	0 g
Salt	0 g
Creatine Monohydrate	3400 mg
- of which Creatine	3000 mg
AstraGin®	35 mg

\* Serving size: 4,6 g powder mixed with 150 ml water.

