

WEIDER®

RECOVERY, GROWTH AND FUNCTIONALITY

MONOHYDRATE MICRONIZED 200 MESH

FAST-ABSORBING
CREATINE

INCREASED PHYSICAL
PERFORMANCE

INCREASED
STRENGTH



A WEIDER INNOVATION

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CREATINE 200 MESH MONOHYDRATE MICRONIZED Ultrafine Powder

- Increased physical performance
- Fast-absorbing creatine
- Increased strength

Creatine (C) is a very common supplement among athletes. Numerous studies have demonstrated its ergogenic effect by increasing muscle phosphocreatine (PC) stores and, consequently, ATP levels.

ATP is the energy molecule that muscles use during high-intensity and short-duration efforts, so supplementation with creatine (C) enhances energy supply to the muscles and facilitates the resynthesis of phosphocreatine (PC).

Our **200 mesh creatine** is designed to improve physical performance, especially in high-intensity and short-duration activities. This creatine is micronized, which means it is obtained through a microfiltration process that produces finely pulverized particles, enabling better solubility and absorption, thus enhancing its effectiveness.

Key Features

High purity: Our 200 mesh creatine is of the highest quality, subjected to rigorous purification processes to ensure its purity and potency.

Fast absorption: The 200 mesh creatine has been processed into finely powdered particles, allowing for faster and more efficient absorption by the body.

Improved physical performance: By taking 200 mesh creatine, athletes can experience increased muscle strength, improved endurance, and overall enhancement in performance during training and competitions.

Increased muscle mass: It may promote the growth and development of lean muscle mass due to increased strength during your workouts.

We have created this formula to make consuming creatine an enjoyable and delicious experience. It is not necessary to mix it with other products thanks to its delightful flavor. Furthermore, it is free from added sugars and fats, formulated with stevia sweetener and natural coloring. What's more, it is also suitable for vegans. Try our creatine and enjoy the benefits without compromising your palate or your health!

Ingredients:

Creatine monohydrate, maltodextrin, flavourings, acid: citric acid; anti-caking agent: silicon dioxide; beet root powder (Beta vulgaris L.), sweeteners: sucralose, steviol glycosides from stevia.

May contain traces of gluten, crustaceans, eggs, fish, peanuts, soy, milk, nuts, lupins, sulphur dioxide, sulphites and products thereof.



Nutritional Information	per serving*
Energy	13 kJ/3kcal
Fat	0 g
- of which saturates	0 g
Carbohydrates	0,8 g
- of which Sugars	2,2 g
Protein	24 g
Salt	0,002 g
Creatine Monohydrate	2870 mg
- of which Creatine	2530 mg
* Serving size: 3,85 g powder mixed with 150 ml water	

INSTRUCTIONS FOR USE:

Mix 3,85 g powder (1+1/2 measuring scoops) with 150 ml of water.

RECOMMENDATION:

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

PRESENTATION:

300 g / 78 servings

FLAVOURS:

Cherry Lollipop