

## CREATINE MICRONIZED 200 MESH

- Excellent absorption in the body
- Free from sugars and fats

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

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

All of this translates into an increase in strength and an improvement in recovery capacity between sets, enabling you to elevate the intensity of your workouts and surpass yourself day after day.

With the aim of helping you achieve your best results, **Weider** has formulated micronized creatine, 200 mesh. It has better absorption, due to the small size of its particle and good solubility in water.

Our creatine is suitable for all consumers, being vegan, free from sugars, and free from fats, this respecting consumers' choices. You won't regret taking our high-quality creatine.

**INSTRUCTIONS FOR USE:** Mix 3.43 g of powder (1+1/2 scoop measures) with 200 ml of water.

**INGREDIENTS:** Creatine Monohydrate.

**FLAVOR:** Neutral.

**RECOMMENDATION:** 1 serving per day. The recommended duration is for 6 weeks. Then rest for 2-4 weeks.

**PRESENTATION:** 600g (176 servings)

**PACKAGING:** Our commitment to the environment is increasingly reflected in our recyclable packaging. This product is made from 100% rPET plastic, meaning it is manufactured from post-consumer recycled materials and gives new life to solid waste. We are working hard to continue reducing our impact, although we are aware that there is still much to be done.



Nutritional information	per serving
Energy	0 kJ/ 0 kcal
Fats	0 g
- of which saturated	0 g
Carbohydrates	0 g
- of which sugars	0 g
Proteins	6 g
Salt	<0,01 g
Creatin (CreaZ®)	3400 mg
AstraGin®	3000 mg

