

CREATINE

Supports Enhanced Strength and Performance*

Creatine is a scientifically advanced supplement that delivers 5 grams of pure creatine monohydrate, a clinically supported dose designed to fuel cellular energy production, promote efficient muscle recovery, and support overall health.* Creatine is a naturally occurring compound essential for replenishing adenosine triphosphate (ATP), the body's primary energy source. With widespread effects on muscle, brain, and cellular health, creatine is a powerful ally in addressing key health concerns at a molecular level.*

Benefits of supplementing with Creatine may include:

- Supports efficient muscle recovery and peak performance*
- Supports cognitive function and brain health*
- Promotes healthy aging and musculoskeletal health*
- Promotes optimal metabolic health*
- Optimizes energy production at the cellular level*

How Creatine Works

Creatine is a clinically proven formula designed to support energy production and recovery.* Its multifunctional role in ATP synthesis makes creatine a key player in promoting health across multiple systems.*¹

Muscle Performance: Fueling Energy for Recovery and Growth*

Creatine monohydrate works by replenishing ATP stores, enabling muscles to sustain high-intensity activity and recover faster.* Its ability to draw water into muscle cells also enhances protein synthesis, promoting muscle growth and repair.*^{2,3,4}

Brain Health: Promoting Cognitive Resilience and Function*

Creatine's neuroprotective effects stem from its ability to fuel brain cells, particularly under conditions of metabolic or oxidative stress.* Research suggests that creatine supplementation supports mitochondrial function, promoting mental clarity, memory, and cognitive resilience in both younger and older populations.*⁵⁻⁸

Healthy Aging: Supporting Muscle and Bone Integrity*

Age-related muscle loss and bone density decline can significantly impact quality of life.* Creatine has been shown to help preserve lean muscle mass, promote strength, and support healthy bone metabolism.* This makes it particularly beneficial for aging adults, including postmenopausal women, who are at increased risk for musculoskeletal degeneration*⁹⁻¹¹.



How Creatine Works Continued

Metabolic Support: Balancing Glucose and Lipid Metabolism*

Creatine supplementation has been linked to promoting healthy glucose metabolism.* Enhancing cellular energy efficiency may help support those managing metabolic concerns or seeking to optimize body composition and energy utilization.^{12,13}

Why Choose Creatine Powder?

Creatine powder is a versatile supplement trusted by healthcare practitioners to address a range of health goals. Whether for athletes seeking peak performance, aging adults preserving muscle and bone health, or individuals optimizing brain function, creatine is a foundational tool backed by decades of scientific research.¹⁴

Experience the power of Creatine—a clinically proven solution for energy production, recovery, and comprehensive wellness.*

Supplement Facts

Serving Size: About 1 Scoop (5.05g)

Servings Per Container: About 100

	Amount Per Serving	%DV
Creatine Monohydrate	5g	*
Other Ingredients: None		

Directions: Mix 1 scoop in 8-16 ounces of water or your favorite beverage as a dietary supplement or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children. Maintain adequate hydration levels while using this product.

References:

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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