

TUFFTM

Supps



CREATINE

WHAT IS CREATINE?

Creatine is perhaps the best-known and well-researched nutritional supplement, with over 500 studies to date showing that it is an important part of the muscle fuelling process. Creatine is a nitrogenous organic acid that occurs naturally in vertebrates and helps supply energy to all cells in the body, primarily the muscles. The body converts creatine into phosphocreatine (creatine phosphate), which is a critical part of the formation of the high-energy molecule adenosine triphosphate (ATP). ATP is the source of energy used and stored in cells for muscular contractions.

**100% NATURAL
HIGH QUALITY INGREDIENTS**

CREATINE IN THE BODY

About 95% of the body's creatine is stored in skeletal muscle. Normally, creatine is produced in the liver and kidneys at a rate of about 2 grams a day from the non-essential amino acids arginine, glycine, and methionine. Most of the body's creatine travels by the blood to be stored in the muscles, heart and other body cells.

During strength training and other high-intensity workouts, Creatine levels deplete which, impacting performance.

When you supplement, you increase your stores of phosphocreatine. This is a form of stored energy in the cells and it helps your body produce more of the high-energy molecule ATP. ATP is often called the body's energy currency and when you have more ATP, your body can perform better during exercise.

Creatine also alters several cellular processes that lead to increased muscle mass, strength, and recovery.

PLANT BASED

HOW MUCH CREATINE SHOULD I TAKE?

Research has shown that multiple creatine supplementation strategies can result in benefits, so your supplement strategy will depend on what practically suits your lifestyle and training goals.

Evidence suggests that the optimum amount of Creatine is a 5g serve post workout and at any time of the day on rest days. Creatine can be stacked easily with your protein shake or other beverage. If using Creatine for the first time or after a prolonged period of not using Creatine, a loading phase may be beneficial. Generally, this would be a double serving for the first 5 days and then revert back to the recommended serve of 5g.

This regime would most definitely cause a gain in water weight during the loading period. Remember, creatine causes cellular hydration. So, if this gain in body weight from water is not ideal for you then you can skip the loading period and go straight into the maintenance dose of 5g daily, just be sure to continue supplementing for at least three weeks for optimal benefits.

**MOST RESEARCHED
SUPPLEMENT**

WHAT ARE THE BENEFITS OF TAKING CREATINE?

Creatine can improve health and athletic performance in several ways;

Improved Strength and Power - It enables more total work or volume in a single training session, a key factor in long-term muscle growth. It does this through providing sustained ATP levels and assisting in glycogen loading capacity in the muscles.

Cell Hydration - Creatine lifts water within your muscle cells, which causes a cell volume increase effect that may play a role in muscle growth and a fuller look to your muscles. In addition, creatine increases the concentration of certain cells within muscle fibers, which means that your muscles will appear larger in the short-term, while in the long run your muscles will increase in size due to the growth and gain of muscle fibers.

Reduced Muscle Breakdown - Creatine may increase total muscle mass by reducing muscle breakdown, through ensuring preferred energy sources are available creatine can help ensure that the body doesn't need to use protein (muscle fibers) for fuel.

Improved Cognition and Brain Health - Recent research has also shown a link between creatine and improved brain function. Creatine supplements can increase phosphocreatine stores in your brain, which may promote brain health and improve symptoms of neurological disease.

NUTRITIONAL INFORMATION

	PER 5G SERVE	PER 100G
ENERGY	0.0kj	0.0kj
	0.0 Cal	0.0 Cal
PROTEIN (CREATINE)	5g	100g
FAT (TOTAL)	0.0g	0.0g
- SATURATED	0g	0g
CARBOHYDRATES	0.0g	0.0g
- SUGARS	0.0g	0.0g
SODIUM	0mg	0mg

Product Disclaimer: Formulated Supplementary Sports Food. Not suitable for children under 15 years of age or pregnant women. Should only be used under medical or dietetic supervision. This product is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and appropriate physical training or exercise program.