

PRO POWER & MUSCLE

CREATINE PYRUMAX

HIGH PERFORMANCE COMPLEX

PREPARE BEFORE DURING AFTER

QUICK INFO

- X LACTOSE FREE
- X GLUTEN FREE
- ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES

**PRODUCT DESCRIPTION**

Sponser® Creatine Pyrumax – High Performance composition with creatine pyruvate, creatine monohydrate and magnesium in one formula. Creatine increases physical performance in successive bursts of short-term, high intensity exercise.

Creatine is known as performance supplement. It is mainly used for energy supply in anaerobic alactic sports and in sports requiring explosive movements (e.g. sprints, swimming, rowing, throws) or for strength- and muscle build up. Due to the improved physical efficiency, the muscles can be trained more efficiently. Hence, an increased performance can be achieved.

The Creatine Pyrumax formula is perfectly suitable to complement the advantages of creatine monohydrate. The improved solubility of creatine pyruvate enables an optimal physiological absorption.

Magnesium contributes to the normal muscle function and supports a normal protein synthesis.

ADVANTAGES

- **Creatine improves the performance in successive bursts of short-term, high intensity exercise**
- **Innovative product formulation, based on 3 ingredients**
- **Maximum guarantee of certified quality and purity**

UTILISATION

7 capsules daily, preferably divided in 2 portions with a carbohydrate-containing beverage.

Do not exceed recommended daily dosage. In addition to a varied and balanced diet and a healthy lifestyle. Not suitable for children and growing adolescents. Not intended for long-term use. Weight gain can occur.

INGREDIENTS

Creatine pyruvate, creatine monohydrate, hydroxypropyl methyl cellulose (capsule), rice starch, anti-agglomerants (silicic acid, magnesium stearate), magnesium bisglycinate. 1 capsule = 857 mg

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PACKAGING

280 capsules/jar (240 g) (= 40 daily rations)

NUTRITION FACTS

NUTRITION FACTS	7 CAPSULES (6 G)*	PER 100 G
energy kJ (kcal)	20 (5)	325 (77)
fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
carbohydrates	0 g	0 g
of which sugars	0 g	0 g
fibres	0 g	0 g
protein	0 g	0 g
salt	0 g	0 g
creatine	3 g	51 g
magnesium	57 mg (15% NRV)	950 mg (266% NRV)

*1 daily dose

NRV = nutrient reference values

Creatine pyruvate, creatine monohydrate, and magnesium in capsules. For intensive muscle exertion, especially for athletes. Food supplement.

Carefully produced in Switzerland

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