**PURE MICRONIZED CREATINE**

Creatine Monohydrate is the most heavily researched and time-tested sports nutrition supplement in the world. Creatine can lead to a gain in lean muscle mass, improve workout performance, and significant enhancement in strength and power.

• Micronized Pharmaceutical Grade Creatine

• Improves Performance in Short-Burst, High Intensity Training

• Helps Increase Muscle Mass, Strength and Size

• The World’s Most Studied and Proven Supplement

Creatine Monohydrate also offers therapeutic benefits, including the prevention of ATP depletion, stimulation of protein synthesis and cell volumization. Creatine Monohydrate is the undisputed king of Creatine. Over 95% of all research ever conducted used Creatine Monohydrate. Other forms of Creatine have come and gone, all trying to make the claim that they have improved the original Creatine. The truth is that very few, if any, scientific studies are even being attempted to try to prove that they enhance performance in any way.

**WHAT IS CREATINE?**

Creatine is a nitrogenous compound that occurs naturally in the body and helps to supply energy to all cells in the body, primarily muscle cells. Creatine is a quickly available source of energy for muscle contractions used to enhance athletic performance. Creatine has been shown to increase maximal strength and endurance by as much as 15% and up to 30% in power output and energy release in short-burst/interval sports.

**HOW DOES CREATINE WORK?**

Inside the muscle, creatine bonds to a phosphate molecule to produce phosphocreatine, an important factor in the recycling of Adenoside TriPhosphate or ATP. Phosphocreatine donates a phosphate molecule to ADP to create ATP, the primary source of energy for muscle contraction, as well as other bodily functions.

The increase in additional energy to the working muscles can lead to enhanced strength and power, improving overall workout performance and increase gains in lean muscle mass. Creatine not only helps the muscle endure long-lasting, more intense training sessions, it also helps to increase muscle recovery rate.

**BETTER PUMPS**

A quick look at the underlying physiology of reactive hyperemia, or “the pump” suggests that blood flow to the area is critical. Muscle fullness or cell volumization is directly linked to the growth of the muscle. Expand the cell, expand and grow the muscle. Intramuscular Creatine enhancement works to deliver better pumps and makes the muscle appear fuller.

**BETTER DIET**

During the fat loss phase of a training plan when you are typically lowering your carbohydrates while aiming for weight loss, supplementing with Creatine will help keep your performance levels high. By adding creatine to your daily supplementation you can help offset the fatigue of dieting and maintain higher levels of strength output and ultimately, muscle growth

**THE ALLMAX DIFFERENCE**

ALLMAX Pharmaceutical Grade Creatine is the ultimate in purity and safety; rigorously held to strict standards that meet or exceed 3rd-Party independent testing for WADA Banned Substances and cGMP guidelines. In addition, our Creatine is micronized to an ultra-fine, free-flowing powder. Most Creatine powders on the market today have particles that are as much as 250% larger!