

## Creatine monohydrate

Creatine monohydrate is a very popular dietary supplement used by athletes and bodybuilders.

It can be used to help increase high intensity exercise performance, provide increased strength and fuller looking muscles, increased body mass and faster post workout muscle recovery.

Cyte Essentials creatine monohydrate is 100% pure 200 mesh fine powder without any fillers, flow or bulking agents that are often present in some products.

### Typical Creatine Monohydrate Analysis

Test item	Specifications	Result
Appearance	White powder	Conforms
Assay	99.00% -100.50%	99.65%
Creatinine	50ppm max	Conforms
Loss on drying	12.0% max	11.25%
Sulphate	0.03% max	Conforms
Mesh	200 mesh	Conforms

Origin: China – under GMP conditions

Suggested dose: For loading take 15-20 grams per day (4-5 teaspoons) with fruit juice or water. For maintenance take 5 grams (1 teaspoon) each day.  
After 8-10 weeks of use leave for one week before recommencing intake.  
Users can adjust the dose to suit according to their own needs.

Application: Creatine monohydrate is best taken with water or fruit juice

Pack sizes available: 500 gms packed in resealable foil pouch  
1 kg packed in resealable foil pouch  
Other pack sizes available on request

Storage: Store in cool dry place in sealed container away from light.  
Do not freeze.

#### Disclaimer

Cyte Essentials accepts no responsibility for its accuracy nor do we accept responsibility for the use or effects of any product. If you have a condition that requires medical care consult a qualified physician. Inform your doctor before taking any herbal supplements if you are already taking prescribed medicines.