

Super Creatine

Available in 30 Count Powder Servings



Nitric Oxide Booster

Anabolic Activator

Oxygen Utilization

Super Creatine

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Super Creatine is a pre-workout energy drink designed to support endurance, cardiovascular output, oxygen utilization, and muscle strength and recovery. This drink powder combines ingredients that provide a surplus of powerful energy in preparation for intense exercise while avoiding the common "sugar crash" halfway through a workout. With the reduced dependency on elevated blood glucose, and a ready and sustainable supply of "instant energy" from creatine magnesium chelate, DMG, amino acids, and beetroot powder, you should experience greater stamina, endurance and faster recovery.*

Creatine has been found to supply muscles with energy for short-term anaerobic activity and demonstrates benefit for high-intensity, intermittent activity. According to the National Institutes for Health, creatine may support strength, power, and work from maximal effort muscle contractions. **Creatine MagnaPower®** is a patented blend of magnesium and creatine to provide optimal nutrition for athletes, with the goals of increasing muscle power, athletic performance, and cellular hydration. A study using Creatine MagnaPower® in soccer players demonstrated improved sprinting. Another study revealed increased capacity in bench press work in weight-training athletes.

Organic Beetroot powder: Beets are a rich source of inorganic nitrate which converts to nitric oxide in the body. Nitric oxide is a vasodilator and helps with increased blood flow along with oxygen and nutrient delivery to skeletal muscles.

Chromium is a mineral that plays a role in the metabolism of glucose and is necessary for energy production. Albion® Chromium Nicotinate Glycinate Chelate binds the elemental chromium to niacin and glycine. This provides a safe form of chromium which is designed to support absorption by the body.

DMG is a metabolic enhancer that helps the body overcome various forms of stress such as aging, poor oxygen availability, free radical damage, and a weakened immune system. As a methyl donor it contributes methyl groups to keep ATP levels high.

R-Alpha Lipoic Acid is a stable form of alpha lipoic acid. It is a potent antioxidant and free radical scavenger. Athletes need antioxidant protection to help reduce free radical damage to muscles during times of work out and stress. Aside from its antioxidant properties R-Alpha Lipoic Acid supports energy production because it is a cofactor for enzymes needed to make ATP (cellular energy).

Vanadium is a mineral that plays a major role in the transfer of blood sugar to the muscles.

Citrulline may support the detoxification of ammonia via the urea cycle and also supports healthy levels of additional glycolysis needed during exercise.* Studies indicate that exercise-induced blood ammonia elevation and blood lactate increments have been supported by L-citrulline supplementation. Furthermore, citrulline may help reduce post-exertional muscle soreness and a study in female athletes showed improved resistance-exercise performance.

L-Glutamine is the most abundant amino acid in plasma, a major carrier of nitrogen, and is involved in metabolism and energy production. Since glutamine exhibits an impact on nitrogen balance, it could be considered vital to building muscle mass and muscle repair.* It is a mainstay in many workout products, specifically because of the role this amino acid plays in muscle recovery post-exercise, such as reducing soreness, promoting faster recovery, and attenuating exercise-induced muscle damage.

Choline is a nutrient involved in a range of physiological functions. It is necessary for the manufacture of phospholipids, which comprise cell membranes. Choline assists brain and nervous system function. It helps synthesize the neurotransmitter acetylcholine, as well as being a precursor to the methyl donor betaine.

Arginine is a semi-essential amino acid that is a precursor to nitric oxide which regulates blood vessel dilation. Arginine is also a potent antioxidant. It is used clinically in conditions that are improved by vasodilation like heart failure, kidney failure, erectile dysfunction, and intermittent claudication.

*These statements have not been evaluated by the FDA. The products referred to are not intended to treat, cure, or prevent any disease.

Suggested Use: As a dietary supplement, mix one scoop (8.2 grams) with 10 oz water, or as directed by your healthcare practitioner.

Supplement Facts		
Serving Size: 1 Scoop (8.2g)		
Servings Per Container: 30		
	Amount Per Serving	%DV
Total Carbohydrates	1g	0%
Choline (as VitaCholine® Choline L(+) Bitartrate)	190 mg	35%
Calcium	30 mg	2%
Magnesium (as Creatine MagnaPower® Magnesium Creatine Chelate)	120 mg	29%
Chromium (as Albion® Chromium Nicotinate Glycinate Chelate)	120 mcg	29%
Sodium	15 mg	1%
Potassium	20 mg	0%
L-Glutamine	1500 mg	†
Creatine MagnaPower® Magnesium Creatine Chelate	1500 mg	†
Organic Beetroot Powder	1000 mg	†
Dimethylglycine HCL (DMG HCL)	500 mg	†
L-Arginine	500 mg	†
L-Citrulline	500 mg	†
Vanadium (as Albion® Vanadium Nicotinate Glycinate Chelate)	1 mg	†
R-Alpha Lipoic Acid	50 mg	†
Percent daily value (DV) are based on a 2,000 calorie diet.		
† Daily value not established		

Other Ingredients: Citric Acid, Natural Flavoring, Silicon Dioxide, Steviol Glycosides, Calcium Silicate, Tartaric Acid, Red Beet Root Powder (for color).

Produced in a facility that also processes soy, fish, shellfish, milk, peanuts, tree nuts, wheat, eggs, and sesame.

Caution: Jar contains desiccant to reduce moisture and clumping. Do not eat desiccant.



**CREATINE
MAGNAPOWER®**



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