

NUTRITIONAL INFORMATION



LAB TESTED*

INCREASE STRENGTH & POWER*

0 CALORIES

#NEVERBEENSTRONGER

www.NeverBeenStronger.com

How Creatine Works

ATP Hydrolysis



ATP - (Adenosine Triphosphate) Primary Energy Carrier of Energy in Cells. Hydrolysis, a water-mediated reaction releases energy from the chemical bonds in ATP to fuel cellular processes. ATP contains three phosphates.

H₂O - Otherwise known as water, water is utilized to split ATP to create ADP (Adenosine Diphosphate). The ADP allows the body to receive energy.

ADP - (Adenosine Diphosphate) When one phosphate is removed from the ATP Hydrolysis, ADP cycling supplies the energy needed in the bodies system and then converts back to ATP using exergonic (spontaneous) reactions.

Pi - (Inorganic Phosphate) Phosphate released when ATP is hydrolyzed to ADP

From here, the process is essentially repeated over and over.

In our bodies, there are two forms of creatine. They are phosphorylated (60% of the stores) and free form (40% of the stores). Obviously, depending on the amount of skeletal muscle fiber types and muscle mass quantity, each individual will have different amounts of creatine pools in their body. As creatine monohydrate consumption is correctly followed based upon bodyweight guidelines presented above, Creatine levels within the body are increased. So that is what happens when Creatine Monohydrate is consumed through supplementation. The process of regeneration of ATP takes a phosphate that is high in energy and binds with ADP. As exercise time increases, the availability of phosphate creatine decreases so having a greater pool of creatine storage allows for faster rates of resynthesis of ATP during and following exercise.

All in all, Creatine Monohydrate will help create energy for your body that will help increase lean muscle mass that can lead to increased strength and power output in exercise or sport.

1

High Energy Phosphate

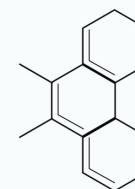


ADP (Adenosine Diphosphate)



2

Regeneration of ATP
(Adenosine Triphosphate)



3

Muscle Building Properties
Increase Strength & Power



SUPPLEMENT FACTS

Serving Size: 1 Scoop (5g)
Servings Per Container: 100

Amount Per Serving	%Daily Value*
Creatine Monohydrate	5g **

* % Daily Value based on a 2000 calorie diet
† Daily Value not established

OTHER INGREDIENTS: none

CONSUMER NOTES: Stomach cramping can occur when creatine is supplemented without sufficient water. Diarrhea and nausea can occur when too much creatine is supplemented at once, in which case doses should be spread out throughout the day and taken with meals. Water retention may occur with higher loading doses. People may gain up to five pounds (over 2 kilograms) during higher loading phases. However, lower doses will have less water retention. As you gain more water, your Lean Body Mass also increases. Creatine supplementation over a prolonged period results in an increased rate of muscle growth.

NEVER BEEN
STRONGER

NBS