

CREATINE VECTOR®

CREATINE AND VITAMIN C FOOD SUPPLEMENT FOR THE DIET OF ATHLETES



PACKAGING: 20 SACHETS, 8 g EACH

RECOMMENDED FOR

ATHLETES AIMING AT IMPROVING MUSCULAR PERFORMANCES

- Athletes carrying out very intense and repetitive training sessions with frequent sprints
- Athletes who need to improve muscular reactivity

WHEN TO USE CREATINE VECTOR®



CREATINE IS ABLE TO INCREASE PHYSICAL PERFORMANCE DURING SHORT-DURATION, HIGH-INTENSITY AND REPETITIVE EXERCISE

INFORMATION

Creatine is transformed in creatine phosphate by the body and it is used to convert quickly ADP into ATP. A Creatine reserve improves training intensity and recovery, in sports with anaerobic components. Response and muscular efficiency are highly influenced by creatine presence.

FEATURES

Creatine is able to increase physical performances during highly intense and short duration, repetitive activities. Zinc and calcium promote normal protein synthesis, physiological energy metabolism and normal muscular function. The beneficial effect is obtained by consuming 3g of creatine/day. Creatine Vector is a product combining creatine, amino acids, minerals and vitamins (metabolic cofactors), useful nutrients to endogenous creatine synthesis. Vitamin C, at the proposed dosage, contributes to maintain a normal functioning of the immune defense system during and after an intense physical exertion, and protects cells from oxidative stress. This product does not contain gluten (Gluten Free), therefore is suitable also for people with celiac disease or gluten intolerances.

INDICATIONS

Creatine Vector® is a creatine food supplement suitable for the diet of athletes desiring to increase physical performance during short-duration, high-intensity and repetitive exercise.

HOW TO USE AND RECOMMENDED DAILY DOSE

It is recommended to take 1 sachet per day with about 200ml of water, preferably between meals. For the diet of athletes, during loading phases it is possible to take up to 2 sachets per day (equal to 6 g of creatine) for no longer than 30 days, then take 1 sachet per day. When consuming creatine it is recommended to drink plenty of water.

INGREDIENTS

Creatine monohydrate, Dibasic potassium phosphate, Acidifier: citric acid; Calcium carbonate, Sucrose, Vitamin C, L-Arginine, Dextrose monohydrate, L-Glutamic acid, Taurine, Flavouring lemon, Glycine, L-Glutamine, Anti caking agent: Silicon dioxide; Zinc gluconate, Alpha-ketoglutaric acid, Maltodextrins, Sweeteners: sucralose; Alpha-lipoic acid, Colouring: beta-carotene tit. 1% (maltodextrins, stabiliser: acacia rubber, sucrose, medium chain triglycerides, antioxidant: mixed tocopherols, E306, antioxidant: sodium ascorbate, beta-carotene, Anti caking agent: Silicon dioxide), Sweetener: acesulfame K.

Warnings: store in a cool dry place away from light. The expiration date applies to the product in its intact container when stored as directed. Do not exceed recommended daily dosage. Keep out of reach of children under the age of 3. Nutrition supplements are not intended to be used as substitutes for a varied, balanced diet and a healthy lifestyle. The product is designed for adults practicing intense physical activities. Do not use in pregnancy, in children or for long periods without any medical advice. This product is tested free from Nandrolone and Testosterone with their precursors, free from Beta-2-agonists, amphetamines and ephedrines.

NUTRITIONAL INFORMATION

	Per dose (1 sachet, 8 g)	%NRV per dose
Typical Values		
Creatine	3000 mg	-
Vitamin C	200 mg	250%
Potassium	644 mg	32.2%
Zinc	6.25 mg	62.5%
Calcium	120 mg	15%
Taurine	150 mg	-
L-glutamic acid	150 mg	-
L-Arginine	200 mg	-
Glycine	100 mg	-
Glutamine	100 mg	-
α-ketoglutaric acid	50 mg	-
Lipoic acid	10 mg	-

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011