



Friday, December 17, 2004

Biochem® sports & fitness

AMINO ACIDS

BIOCHEM® COMPANION

BIOCHEM® FORMULAS

[> BIOCHEM® SPORT](#)

DIGESTIVE ENZYMES

HERBALS

HERBAL EXTRACTS

IRON-TEK® ESSENTIALS

IRON-TEK® NUTRITION

MAXIMIZED® SUPP

MAXI-SORB™ MULTI

MINERALS

MULTIPLE VITAMINS

SUPPLEMENTS

TARGET-MINS™

VITAMINS

MICRONIZED ULTIMATE™ CREATINE MONOHYDRATE

Pharmaceutical Grade Pre & Post
Workout Enhancer**



Item #: 1869-71
Type: Powder
Size: Net wt. 500g
 (17.6 oz.) or 325 g
 (11.4 oz.)
Serving Size: 1
 heaping teaspoon

[Additional
Information
Directions](#)

[Other Ingredients](#)

[Does Not Contain](#)

Hypoallergenic/Vegetarian/Kosher
Creatine Monohydrate is the most widely accepted sports ergogenic aid. Its anabolic and performance-boosting properties help increase lean muscle mass, strength and maximum energy bursts. Creatine provides quick recycling of muscle ATP (anaerobic energy stores) and is the premier cell volumizing agent for use in stimulating maximum muscle growth.** Country Life's **Micronized Creatine Monohydrate** is pure pharmaceutical grade, the finest quality Creatine Monohydrate available.

Product
finder

Search

Store
locator

State

Zip

Supplement Facts

Serving Size 1 heaping teaspoon (5g)
Servings Per Container 100 & 65 & 200

Amount Per Serving

Calories 15

Creatine Monohydrate

5 g

*

*Daily Value not established.

Directions: LOADING PHASE: One heaping teaspoonful (5 g) mixed with juice or water 4 times daily for 5 days on an empty stomach.

WORKOUT ENHANCEMENT: One heaping teaspoonful (5 g) mixed with water 1/2 hour before workout. One heaping teaspoonful (5 g) immediately after workout, mixed with



juice, water or Biochem's Ultimate Protein System" drink.

Other Ingredients: Creatine Monohydrate

No: Yeast, corn, wheat, soy, gluten, milk, salt, sugar, starch, preservatives, artificial flavor or artificial color.

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

[SITE MAP](#) [PRIVACY & TERMS OF USE](#) [HOME](#)

Our Family of Companies



Vitamins



Natural Personal Care



Sports & Fitness



Beverages



Body Building

Last Updated: 12/17/2004

[Questions, comments](#) or [problems](#) about this site?

[Copyright](#) ©1996-2004 Country Life Vitamins.

All rights reserved.

Country Life Vitamins
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788
tel: 800-645-5768

info@country-life.com