

# KLEAN Creatine

## Powdered Creatine Monohydrate

### DESCRIPTION

Klean Creatine by Klean Athlete® supports muscle strength, performance and recovery. If you take part in sports that require bursts of intense and repeated muscle power, creatine is scientifically proven to help you increase your body strength, build muscle mass, and recover more quickly from strenuous exercise. ‡

Klean Creatine is tested and certified by the NSF Certified for Sport® program, which was created to meet the growing demands of athletes, coaches and healthcare professionals to certify that sports supplements are safe and completely free from banned substances. Every product that carries the NSF Certified for Sport® mark has undergone stringent laboratory testing to confirm content, purity and compliance.

### INDICATIONS

- Support for muscle strength‡

### FUNCTIONS

Creatine is an energy carrier that is naturally present in your muscles, brain and other organs. In muscles, creatine in the form of phosphorylcreatine acts as a reserve of high-energy phosphate to provide energy during anaerobic exercise by regenerating ADP to ATP. By increasing the rate of creatine phosphorylation, ammonia and lactate levels in the blood are lowered resulting in faster recovery from exercise. Creatine also promotes growth factor signaling and glycogen storage to support gains in muscle strength, size and other adaptive responses to training. Since creatine plays other vital roles within the musculoskeletal and nervous systems, it is essential for many aspects of health. Animal muscle – such as fresh meat and fish – contains significant amounts of creatine. Dairy products contain only small amounts. Since vegetables, grains, nuts and pulses do not contain creatine, vegetarians are more likely to have suboptimal levels than meat eaters. The recommended dose for creatine monohydrate is 3 - 5 grams per day. At this dosage, creatine levels in the body will typically rise for three or four weeks before leveling off. With this approach, a loading phase is not needed. Creatine may increase strength, fat free mass, and muscle morphology with concurrent heavy resistance training more than resistance training alone. It also may be of benefit in other modes of exercise such as high-intensity sprints or dynamic movements for improved performance. ‡

### FORMULA (#KA57692P)

Serving Size: 1 Scoop (Approx. 5 g)

Creatine Monohydrate ..... 5 g

### SUGGESTED USE

Mix 1 scoop daily with 8 oz. of water or beverage of choice. For best results, take this product with a carbohydrate-containing beverage or food 30 minutes before exercise, or immediately following exercise with a recovery beverage such as Klean Recovery™. On rest days, take 1 serving daily with a meal or as directed by a trainer, coach, or healthcare professional.

### WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

### SIDE EFFECTS

No adverse side effects have been reported.

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#### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

#### REFERENCES

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**For more information on Klean Creatine visit [kleanathlete.com](http://kleanathlete.com)**

‡ These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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