



Golden Horseshoe Product Collection

Creatine

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Maximum performance, speed, power and endurance can be enhanced with optimal training and proper nutrition. Through the process of digestion, carbohydrates, fats and protein will furnish the essential nutrients that to produce ATP (adenosine triphosphate) ATP provides the energy for all cells to function.



When a muscle contracts, ATP (adenosine triphosphate (3 phosphate groups) is converted to ADP (adenosine di phosphate (2 phosphate groups). In order for continued performance, muscles must regenerate ATP.

Creatine facilitates the regeneration of ATP and conversion of ADP to ATP. Creatine is produced in the liver and kidney from the amino acids arginine and glycine and transported and stored in skeletal muscle as phosphocreatine.

For the high intensity, sprint type work, muscles will quickly (12-15 seconds) deplete the phosphocreatine stores, which could limit performance.

Creatine supplementation will increase phosphocreatine stores, as well as protein synthesis, enabling muscles to not only produce more ATP energy, but improve muscle repair and recovery.

Available in 2.27 kg