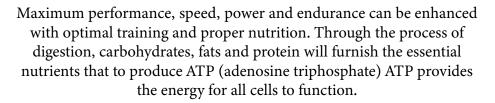


Golden Horseshoe Product Collection

Creatine

Creatine



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