WHAT IS IT?

ATP MUSCLE FUEL 4:1:1

BENEFITS

Power Athletes CREATINE LOADING drink with 4:1:1 CARBOHYDRATE, PROTEIN and CREATINE
OPTIMUM CRATINE LOADING FOR PERFORMANCE AND LEAN MUSCLE MASS
RESEARCH HAS SHOWN THAT THE MOST EFFECTIVE RECOVERY SUPPLEMENT IS A 4:1 MISXTURE OF CARBOHYDRATE AND PROTEIN

DIRECTIONS

AFTER EXERCISE
Consume 2 level scoops (60 grams) in 1 pint cold water. This can be doubled for large athletes and intense anaerobic (power) training.

INGREDIENTS

Complex carbohydrate from corn starch (maltodextrin with dextrose equivalent 15), creatine monohydrate, whey protein isolate hydrolysate, flavouring, colour (carmoisine).

ALLERGY INFORMATION

CONTAINS NO NUTS, NO SOYA, NO WHEAT, AND NO MEAT PRODUCTS. CONTAINS WHEY PROTEIN ISOLATE.

NUTRITIONAL INFORMATION

	Per 100g	Per 40g serving
Energy	1615KJ 484Kcal	484KJ 145Kcal
Protein	15g	6g
Carbohydrate	60g	24g
(Of which is sugars	30	12g)
Fat	nil	nil
Fibre	0.5	0.2g
Sodium	0.02mg	0.1g
Creatine Monohydrate	15mg	6mg

*the above is determined in the absence of water, which may comprise up to 6% as the powder absorbs moisture form the atmosphere.

Creatine monohydrate is the most effective non-hormonal supplement for

- Increasing lean muscle mass
- Improving athletic performance

Most effective in sports which involve repeated high intensity movement e.g. sprinting or wrestling; both team and individual sports.

- Supported by over 200 studies in humans
- Works by in creasing muscle ATP regeneration and muscle protein synthesis
- Creatine is a natural product which is taken in with food and made in the body.

Muscle creatine levels can increase by supplementation in most people. Creatine cannot make you fat. It is safe and effective when used as directed by healthy individuals. Do not take if you are pregnant, nursing or unwell. Take with plenty of water. Do not use before or dung activity; use afterwards or on rest days. Suitable for vegetarians.

ALTHOUGH GLYCOGEN IS CARBOHYDRATE, RESEARCH HAS SHOWN THAT THE MOST EFFECTIVE SUPPLEMENT IS A 4:1 MIXTURE OF CARBOHYDRATE AND PROTEIN

This mixture drives the uptake of creatine by the muscles, assisted by the hormone insulin in the blood. The most important time to replenish your muscles is during the hour after exercise, so that you are fully fit for your next session. It is also the most effective time to absorb creatine. This replenishment is essential, whether you are an endurance athlete, power athlete, and rugby or football player.

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