

Supports healthy body composition, skeletal muscle strength, and exercise performance*

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THE DESIGNS FOR SPORT DIFFERENCE®

Creatine is involved in muscular contraction with approximately 95% being stored in skeletal muscle, particularly type 2 fibers. Two-thirds of intramuscular creatine is phosphocreatine (PCr) and the remaining one-third as free creatine. Dietary creatine is found primarily in red meat and seafood. Individuals who consume creatine-rich foods may have higher tissue creatine levels than those who do not, such as vegans and vegetarians. Human physiology has a limited capacity for producing creatine on its own, making it important to obtain adequate amounts from food or supplementation. Between 1% to 2% of creatine in the muscle is metabolized and excreted through the urine. Therefore, the body requires between 1 and 3 grams of creatine per day to maintain normal creatine stores, dependent on an individual's muscle mass, and even more for muscle growth.¹ PCr is used to generate cellular energy in skeletal muscles in the form of ATP, which is the fuel to contract muscles and perform other metabolic tasks. Creatine supplementation can promote the capacity of ATP production, which supports performance output.²

ATHLETIC PERFORMANCE

Creatine monohydrate is the most extensively studied and considered the most effective and safe ergogenic supplement for promoting high-intensity exercise capacity and lean body mass during training.¹⁻³ It is well-established in scientific research that creatine supplementation leads to an increase in muscle creatine concentrations, production of cellular energy as ATP, and enhanced anaerobic intermittent exercise performance, which supports on-field performance for competitive athletes.³

HEALTHY AGING

Creatine levels decline with age and muscle strength declines at a rate of 1.2% to 1.5% per year after age 50.⁴ Research shows creatine has beneficial effects for maintaining lean muscle at any age, especially in older individuals.¹ Supplementation may support healthy muscle, energy, and well-being throughout life when considering the role of creatine for energy production, metabolism, cognitive and muscle function.⁵

Current research shows creatine supplementation may support cognitive function by increasing brain creatine content, especially as an individual ages.⁵ Animal and human studies suggest prophylactic supplementation may have potential neuroprotective effects, and further study is warranted.⁵ In fact, the International Society of Sports Nutrition recommends, "all athletes who are involved in sports with risk to traumatic brain injury and/or spinal cord injury should take creatine to reduce the severity of these types of injury."¹⁵



FORMULA HIGHLIGHTS

- 5 g of micronized creatine per scoop
- Formulated with micronized technology for enhanced bioavailability, absorption, and solubility
- Neutral taste — unflavored and unsweetened powder — for increased compliance
- No synthetic flavors or artificial sweeteners
- NSF Certified for Sport®

BENEFITS OF CREATINE MONOHYDRATE*

- Promotes skeletal muscle growth and strength
- May support athletic performance and recovery
- Supports healthy body composition and lean muscle mass
- May support healthy brain function

IDEAL FOR

- Athletes
- Older individuals and aging populations
- Vegans and vegetarians who do not consume adequate amounts of amino acid precursors or creatine-rich foods

WHAT IS MICRONIZED CREATINE MONOHYDRATE

Micronized creatine is a powdered form of creatine monohydrate that utilizes a micronizing technology that reduces the particle size by 20 times. This process increases the surface area of the creatine for improved absorption and digestibility and enhanced bioavailability to targeted muscle tissue. Micronized creatine rapidly dissolves in liquid, and, due to its increased water solubility and digestibility, micronized creatine does not contribute to common undesirable side effects often associated with large doses of creatine monohydrate intake.⁶

HOW TO TAKE

Mix 1 scoop (5 grams) in 8 to 10 oz. of water per day, or as directed by your health care practitioner. For a loading phase, consume 3 to 4 scoops for 3 days, then maintain at one scoop per day.



**5 G CREATINE
PER SCOOP**

**90 SERVINGS
PER JAR**

**3RD PARTY
TESTED**

Supplement Facts

Serving Size 5 grams (approx. one scoop)
Servings Per Container 90

Amount Per Serving	% Daily Value
Creatine Monohydrate	5 g *

*Daily Value not established.



SOY-FREE

GLUTEN-FREE

DAIRY-FREE

0 GRAMS SUGAR

NON-GMO

HIGHLY ABSORBABLE*

References:

- 1 Kreider RB, Kalman DS, Antonio J, et al. International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. J Int Soc Sports Nutr. 2017;14:18. doi:10.1186/s12970-017-0173-z.
- 2 Antonio J, Candow DG, Forbes SC, et al. Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show?. J Int Soc Sports Nutr. 2021;18(1):13. doi:10.1186/s12970-021-00412-w.
- 3 Wax B, Kerkick CM, Jagim AR, Mayo JJ, Lyons BC, Kreider RB. Creatine for exercise and sports performance, with recovery considerations for healthy populations. Nutrients. 2021;13(6):1915. doi:10.3390/nu13061915.
- 4 Candow DG, Forbes SC, Chilibeck PD, Cornish SM, Antonio J, Kreider RB. Effectiveness of creatine supplementation on aging muscle and bone: focus on falls prevention and inflammation. J Clin Med. 2019;8(4):488. doi:10.3390/jcm8040488.
- 5 Kreider RB, Stout JR. Creatine in health and disease. Nutrients. 2021;13(2):447. doi:10.3390/nu13020447.
- 6 LeBaron, Tyler. (2011). Creatine Recommendation Report. Accessed from: https://www.researchgate.net/publication/312320682_Creatine_Recommendation_Report.

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