

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Creatine monohydrate

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BRAND, CODE # & PRODUCT NAME(S):

50021 Joe Weider Dynamic Creatine Monohydrate (100 capsules)
57105 Joe Weider 100% Pure Creatine Monohydrate (350 grams powder)
50202 GAN Creatine Monohydrate (100 capsules)

NUTRIENT AMOUNT: 725 mg creatine monohydrate per capsule
5 grams per teaspoon

STRUCTURE/FUNCTION CLAIM:

Creatine is a precursor to the bioenergetic fuel, Creatine Phosphate (CP). In muscle, CP replenishes cellular ATP levels during maximum intensity contractions. Supplementation with creatine, as directed, contributes to increased muscle CP levels, more work output, more muscular power, and better recovery. These results may be seen with exhaustive, short-term exercise.

LR Bucci 1/20/97
Approved by / Date

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2. Birch, R., Noble, D., and Greenhaff, P.L., The influence of dietary creatine supplementation on performance during repeated bouts of maximal isokinetic cycling in man, *Eur. J. Appl. Physiol.*, 1994; 69(3): 268-276.
3. Pirola, V., Pisani, L., and Teruzzi, P., Evaluation of the recovery of muscular trophicity in aged patients with femoral fractures treated with creatine phosphate and physiokinesitherapy, *Clin. Ter.*, 1991; 139: 115-119.
4. Sipila, I., Rapola, J., Simell, O., and Vannas, A., Supplementary creatine as a treatment for gyrate atrophy of the choroid and retina, *N. Engl. J. Med.*, 1981; 304: 867-870.
5. Soderlund, K., Balsom, P.D., and Ekblom, B., Creatine supplementation and high intensity exercise: influence on performance and muscle metabolism, *Clin. Sci.*, 1994; 87Suppl: 120-121.

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