

## STRUCTURE / FUNCTION CLAIMS

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### NUTRIENT: Creatine

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BRAND, CODE # & PRODUCT NAME(S): Muscle Tribe 52346 Creatine L3

NUTRIENT AMOUNT: 6000 mg creatine powder + 500 mg of L-methionine, L-arginine, glycine per heaping teaspoon

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#### STRUCTURE/FUNCTION CLAIM:

Creatine L3™ Muscle Tribe has taken a superior grade of creatine monohydrate and added three amino acids used by the body to make creatine. This state of the art formula improves cellular hydration. This gives muscles a fuller look, decreases muscle catabolism, supports muscle protein synthesis, and allows you to recover from your workout faster.

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LR Bucci 11/14/97  
Approved by / Date

#### REFERENCES:

1. Balsom PD, Soderlund K, Ekblom E. Creatine in humans with special reference to creatine supplementation. *Sports Med* 1994; 18(4):268-280.
2. Di Pasquale M. Proteins and amino acids, Ch 1 in *Amino Acids and Proteins for the Athlete*, CRC Press, Boca Raton, FL, 1997, 1-10.
3. McGilvery RW. Amino acids: one-carbon pool and total balance, Ch 31 in *Biochemistry. A Functional Approach*, WB Saunders, Philadelphia, 1979, 600.
4. Greenhaff PL. Creatine and its application as an ergogenic aid. *Int J Sport Med* 1995; 5:S100-S110.
5. Haussinger D. The role of cellular hydration in the regulation of cell function. *Biochem J* 1996; 313:697-710.

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