

CREATINA 5.0

TO IMPROVE PERFORMANCE AND MUSCLE REACTIVITY
SPECIFIC FOR HIGH-PERFORMANCE TRAINING



- PURE AND CONCENTRATED
- WITH ATP 200MG
- WITH CREA3POWER®
- MICRONIZED 200 MESH
- MICROBIOLOGICALLY TESTED
- DOPING FREE TESTED*



PACKAGE: 300G JAR
WITH INTERNAL SCOOP AND SEAL OF GUARANTEE.

RECOMMENDED FOR

- For all athletes seeking better muscle performance
- For those undergoing very intense and repeated training, with frequent sprints
- For athletes who need to enhance the reactivity of muscle mass
- For those practicing power sports

WHEN TO USE CREATINE



CREATINE CAN INCREASE PHYSICAL PERFORMANCE IN CASE OF REPETITIVE, HIGH-INTENSITY AND SHORT-TERM ACTIVITIES

FEATURES

Creatine 5.0 is an innovative creatine supplement with Crea3Power® and ATP, two essential elements for cellular energy support, ideal for athletes looking for advanced performance. Crea3Power® provides the body with three different bioavailable forms of creatine for optimal performance. Creatine is known for improving physical performance in short, intense efforts. ATP is essential for cellular energy production, supporting the body during high-intensity phases and intracellular energy efficiency. Creatine 5.0, an exclusive formula by EthicSport, is highly purified, micronized (200 mesh), and formulated for optimal assimilation. The high quality is guaranteed by microbiological certification and Doping Free Testing*. The product is extremely soluble, purified and suitable for inclusion in the diet of athletes. Creatine 5.0 is the ideal support for very intense training and for those requiring high performance.

INDICATIONS

Useful for athletes who want to improve performance in repetitive, short, and intense activities (3g/day). For continued use at high doses (max 6g per day), do not exceed one month of intake.

HOW TO USE AND RECOMMENDED DAILY DOSE

It is recommended to take 4 grams of the product per day (1 scoop), dissolved in a glass of water. The dosage can go up to 6g of creatine per day, equivalent to 8 grams of product, for no more than a month. (4g of product is equivalent to 3g of creatine).

INGREDIENTS

Crea3Power® (monohydrate creatine, creatine citrate, tri-creatine malate), adenosine-5'-triphosphate (ATP) disodium salt, flavorings, acidity regulator: citric acid; sweetener: sucralose.

Reference scientific literature:

"The Effect of Oral Adenosine Triphosphate (ATP) Supplementation on Anaerobic Exercise in Healthy Resistance-Trained Individuals: A Systematic Review and Meta-Analysis"
<https://pubmed.ncbi.nlm.nih.gov/38535745/>

Warnings: Food supplements should not be considered as substitutes for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose. Keep out of reach of children under 3 years of age. The product is intended for adults engaging in intense physical exercise. Do not use in children, during pregnancy and breastfeeding, or for prolonged periods without consulting a doctor. The minimum shelf life refers to the product in its intact package, properly stored. Store the product in a cool, dry place, away from heat sources. Produced in a facility that processes ingredients containing milk (including lactose), soy, peanuts, other nuts, sesame seeds, eggs, shellfish, and fish. *The product is tested to be free from anabolic steroids, stimulants, and SARMS.

AVERAGE CONTENTS

Daily dose	4g
CREA3POWER® OF WHICH CREATINE	3,4 g 3 g
ADENOSINE-5'-TRIPHOSPHATE (ATP) DISODIUM SALT	200 mg