



MONTIFF INC

*Don Tyson's Advanced Nutraceuticals*

## SUPER SPORTS CREATINE

Highest quality 100 % Creatine Monohydrate powder - 500 grams

### RECOMMENDED FOR:

- Body builders and athletes wishing to enhance muscle tissue, maximize workouts, and help increase athletic performance.

### WHAT IS CREATINE?

- Creatine is a natural substance found in muscle tissue and made from a complex chemical reaction of amino acids Arginine, Glycine, and enzymes in the presence of S-Adenosylmethionine (derived from Methionine), which reacts with Guanidoacetic acid and forms creatine.
- The average body metabolizes 2 grams of Creatine a day and 95% is stored in muscle tissue.
- It is synthesized in the liver, but may also be produced in the pancreas and kidneys.
- Creatine is transported in blood to muscle cells, where it is converted to Creatine Phosphate or Phosphocreatine (the major phosphorylated compound in muscle tissue) in the presence of ATP and the enzyme Creatine Kinase.
- Creatine is found in foods such as beef, salmon, herring, and tuna but in just 13 grams per pound.
- Studies suggest body builders and athletes require 5-15 grams of creatine per day, and professional athletes take as much as 30 grams or more per day.
- Supplementation of creatine provides the additional phosphocreatine that is necessary, along with amino acids, to stimulate anabolic effects of exercise.
- Phosphocreatine declines rapidly during physical activity, which can also diminish the amounts of ATP, causing extreme fatigue.

### SOME BENEFITS OF CREATINE:

- Super Sports Creatine in highest quality 100% Creatine Monohydrate, which has twice the amount of "free creatine" as Creatine Citrate.
- Increasing creatine, increases phosphocreatine available to muscle tissue, thus increasing lean body mass and the desired anabolic effects of muscle growth and strength.
- Additional phosphocreatine enables more muscle contractions resulting in longer and more vigorous workouts, as well as increased sports activity.
- Supplementation prevents muscle exhaustion and fatigue.
- Many of the medalists in the 1996 Olympics were reported to have taken creatine.
- Professional athletes have supplemented with creatine to increase stamina and performance.
- The use of creatine monohydrate can result in increased muscle hypertrophy that cannot be obtained just by high protein or specific foods alone.
- Studies suggest increased effects of creatine by combining it with protein and carbohydrates. One gram of Taurine, which mimics insulin, was recommended to potentiate the effects of creatine. Montiff Super- Sports Amino Acid Formula contains the necessary amino acids including the branched chain amino acids, plus the glycogenic amino acids, as well as Taurine, for the optimal combination and best results.

- Creatine and "gyrate atrophy" ( a genetic ailment of eyes caused by the inability to metabolize Ornithine and synthesize creatine.) Dr. I. Sipila et al reported in the "New England Journal of Medicine", 1981 the following: Creatine supplementation improved the subjects' strength, increased bodyweight 10% and partially reversed Type II muscle fiber atrophy associated with the disorder.
- Super Sports Creatine has the highest quality micro-mesh Creatine powder, which dissolve's quickly for fast assimilation.
- No loading phase required with Super Sports Creatine.

**DIRECTIONS:** 1 Heaping teaspoon twice daily (14-15 grams total) depending on weight and needs. Take 1 serving a.m. and 1 serving p.m. (with one serving 30 minutes prior to workout or sports activity). Mix in tepid water or fruit juice, preferably grape or apple juice. DRINK IMMEDIATELY. For best results also take Super-Sports Amino Acid formula. Drink at least 8 ounces of water a day.

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