

# Premier Creatine

Supports physical and mental performance



Creatine monohydrate is one of the most thoroughly researched dietary supplements for its array of benefits from improving athletic performance and muscle health to bolstering cognitive function and brain power. Creatine's primary function is quickly supplying energy to muscle and brain tissues with increased energy demands. Creatine is an essential compound, integral in refueling and rehydrating brain and muscle tissues at the cellular level.

Creatine is a popular choice among athletes and health-conscious consumers looking to improve physical and mental performance because it helps support elevated exercise capacity and exercise recovery while building muscle mass. Premier Creatine can contribute to helping you keep your muscles strong and healthy. In addition, creatine helps protect brain function and cognitive health by supporting energy production in brain cells. Creatine can provide the fuel to improve short-term memory recall and mental clarity, even when feeling sleep-deprived or stressed out.

Quality is vital when supplementing for athletic and cognitive performance support, and Premier Creatine is the clean and practical choice for your supplementation needs. Premier Creatine provides a much-needed option for vegetarians, vegans, and aging adults who may have diminished creatine levels due to dietary restrictions or a reduction in natural production. Fast-dissolving and readily absorbable, Premier Creatine delivers extraordinary quality with results you can truly feel.

## Benefits

- Increases muscle strength and enhances athletic performance.\*
- Contributes to maintaining cognitive health in vegetarians, vegans, and the aging population.\*
- Optimizes oxygen use in the brain and in muscle tissue during high-intensity exercise.\*

## Highlights

- For athletes and health-conscious individuals alike, Premier Creatine provides a pure and potent solution to enhance both physical and mental performance.
- Creatine is found primarily in animal-derived protein sources, with few substantial vegetarian or vegan options available. Premier Creatine is made without animal product ingredients. It is a reliable and ethical approach to offset nutritional concerns associated with meat-free diets or aging populations.
- Available in a convenient powder form.

## Recommended Use

- Each scoop of Premier Creatine delivers 5 grams of clean and concentrated creatine monohydrate.
- For cognitive support, research indicates that 5-10 grams of this essential compound.
- Athletes supplementing creatine for more immediate results typically follow a dosage regimen that begins with a loading phase of 20 grams daily (split into four doses throughout the day) for 5-7 days. This is followed by a maintenance phase of 3-5 grams daily. This approach ensures that muscle creatine stores are saturated quickly and maintained over time.
- Pregnant or lactating women should consult their healthcare practitioner before beginning a creatine supplement routine.

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To contact Premier Research Labs, please call us at (800) 325-7734, or visit us on the web at [www.prlabs.com](http://www.prlabs.com)

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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