PREMIER RESEARCH LABS

PREMIER CREATINE

Premier Athletic Support and ATP Promoter

WHAT IS CREATINE?

Creatine is an interesting molecule that is synthesized in the liver from three amino acids - arginine, methionine and glycine. 95-98% of creatine is stored in the major skeletal muscles of the body while lesser amounts are found in the heart, brain and testes. Once creatine enters the muscle, it is phosphorylated to form creatine phosphate, which is a high-energy substrate that assists in the contraction of the muscle fibers.

SPARK YOUR MUSCLE'S ATP RESERVES

During exercise, creatine is used by the body to maintain adequate levels of energy-rich ATP. ATP (adenine triphosphate) is your body's premier source of energy for many metabolic processes. Athletes who seek to achieve optimal performance during high intensity exercise will often load creatine as a nutritional supplement to spark their ATP levels.

PRL's Commitment to Excellence:
Each PRL Formula Meets or Exceeds FDA/cGMP Standards

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Many types of exercise, such as weight lifting and sprinting, can challenge ATP stores. Thus, taking additional creatine as a supplement can help promote physical performance and also delay exercise fatigue by boosting the skeletal muscle's ATP reserves. When muscles use ATP for energy, a chemical process takes place where the ATP is broken down into two simple chemicals, ADP (adenosine diphosphate) and phosphate. As ATP is converted into ADP, energy is released that gives muscles their ability to contract and perform well.

The majority of creatine released in muscles binds with phosphorus which is then is converted into creatine phosphate. Next, creatine phosphate reacts with ADP in your body and then converts ADP back to ATP again. This process continually supports your body's ATP energy supplies for muscle energy.

MUSCLE STRENGTH AND ENERGY

Did you ever exercise so hard that you felt a muscle "burn"? During intense training, when lactic acid levels can rise higher in muscles, you may feel a burning sensation in the muscles. Research shows that creatine can help buffer lactic acid that builds up in muscles during exercise. To help control the buildup of lactic acid and the burning sensations that can be created, creatine helps absorb and bind hydrogen ions that have been released into muscles.

Creatine also promotes the body's anabolic phase for increased protein synthesis which supports lean body mass and muscle strength. Taking creatine supplements before and after workouts may help support muscle energy levels because it enables the ATP energy cycle to continue for longer periods of time.

THE "CLEAN SOURCE"

Premier Creatine is a free-flowing, easy-to-use, natural source of creatine that you can use to load before and after your workouts. This "clean product" has the additional benefit of no added chemical binders, fillers or other non-nutritive substances.

INGREDIENTS

Each Vegetarian Capsule Provides:

Creatine Monohydrate	5 g (5,000 mg)

Other Ingredients: None

Suggested Use. Take 1 heaping teaspoon daily, mixed in a beverage or as directed by a health professional.

Code: 0910 (16 oz/bottle) Powder