

Creatine Monohydrate

DESCRIPTION

Creatine Monohydrate, provided by Douglas Laboratories, supplies 750 mg of this amino acid per ¼ teaspoon.

FUNCTIONS

Amino acids have many functions in the body. They are the building blocks for all body proteins—structural proteins that build muscle, connective tissues, bones and other structures, and functional proteins in the form of thousands of metabolically active enzymes. Amino acids provide the body with the nitrogen that is essential for growth and maintenance of all tissues and structures.

Aside from these general functions, individual amino acids also have specific functions in many aspects of human physiology and biochemistry. Amino acids serve as precursors for many nitrogenous substances. These include heme, purines, pyrimidines, hormones, and neuro-transmitters, including biologically active peptides. In addition, many proteins contain amino acids that have been modified for a specific function, e.g., calcium binding or collagen cross-linking

Creatine is an amino acid produced in the body from arginine, methionine and glycine. It can play important roles in supporting healthy energy production and muscle structure and performance.

INDICATIONS

Creatine monohydrate may be may be a useful dietary supplement for individuals wishing to support healthy energy production.

FORMULA (#903009)

¼ teaspoon Contains:

Creatine Monohydrate 750mg

SUGGESTED USE

As a dietary supplement, adults take 1/4 teaspoon daily or as directed by your healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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REFERENCES

Aaserud R, Gramvik P, Olsen SR, Jensen J. Creatine supplementation delays onset of fatigue during repeated bouts of sprint running. *Scand J Med Sci Sports*. 1998 Oct;8(5 Pt 1):247-51.

Archer MC. Use of oral creatine to enhance athletic performance and its potential side effects. *Clin J Sport Med*. 1999 Apr;9(2):119.

Becque MD, Lochmann JD, Melrose DR. Effects of oral creatine supplementation on muscular strength and body composition. *Med Sci Sports Exerc*. 2000 Mar;32(3):654-8.

Feldman EB. Creatine: a dietary supplement and ergogenic aid. *Nutr Rev*. 1999 Feb;57(2):45-50.

Graham AS, Hatton RC. Creatine: a review of efficacy and safety. *J Am Pharm Assoc (Wash)*. 1999 Nov-Dec;39(6):803-10; quiz 875-7.

For more information on Creatine Monohydrate visit douglaslabs.com

† 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.

Manufactured by
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**You trust Douglas Laboratories.
Your patients trust you.**