

## **Creatine / Ribose-Complex 250 gram powder**

### **Description**

#### **Product number B067 - Creatine / Ribose-Complex 250 gram powder**

Creatine, D-ribose and citric acid combination.

Creatine occurs naturally in fish and meat. Creatine monohydrate (CM) is easier to absorb than creatine phosphate. Creatine plays a role in the cell in the normal transport of phosphorus groups, as they also occur in the energy-rich compound ATP (adenosine triphosphate).

Ribose is also part of various biomolecules such as ATP, cAMP, DNA, NAD and FAD. D-ribose is the natural form for humans.

Citric acid is the first intermediary of the citric acid or Krebs cycle.

#### **Ingredients per 2 level scoops (11.6 grams of powder):**

Creatine (monohydrate) 6500 mg

D-Ribose 4640 mg

Citric acid 380 mg

Excipients: none. One level measuring scoop contains 6 grams of powder.

#### **Usage and warnings:**

Adults take 1 level measuring spoon twice a day, dissolve in water or according to the advice of an expert. Do not use in gout, kidney disease, during pregnancy and lactation and insulin dependent diabetes. Do not exceed recommended dose and keep out of reach of children. Do not use in hypersensitivity to any of the ingredients in this product. A nutritional supplement is no substitute for a varied diet.