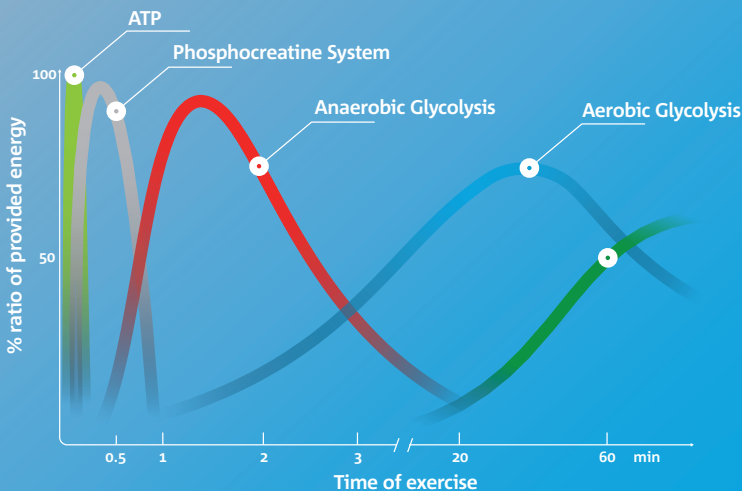
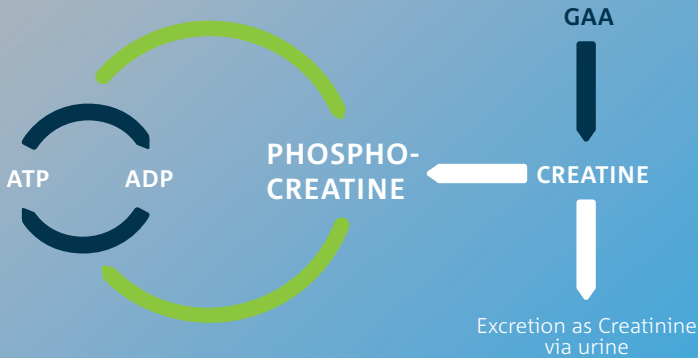


# Creatine Monohydrate for Health Applications

PUREST CREATINE FOR VITALITY

# Creatine – what is the hype all about?

- Creatine is a substance produced naturally in the body.
- A good portion of creatine in the body is stored as phosphocreatine.
- Phosphocreatine is the bridge between spontaneous ATP energy and extra cellular energy deposits.
- Like a battery, phosphocreatine supplies, recycles and buffers energy, making it instantly available when needed.
- Phosphocreatine is also a transporter of cellular energy.



## Scientific Background

The broader understanding of creatine's role in the energy metabolism and the understanding that the optimal energy supply is critical to many body functions is inspiring numerous new study projects around the world.

› More than 66,000 studies about creatine on PubMed

## Meet the experts – The Scientific Advisory Board

More than 30 universities and researchers around the globe work on creatine projects and share their knowledge on the SAB platform.



Current study work and more information  
about creatine can be found under

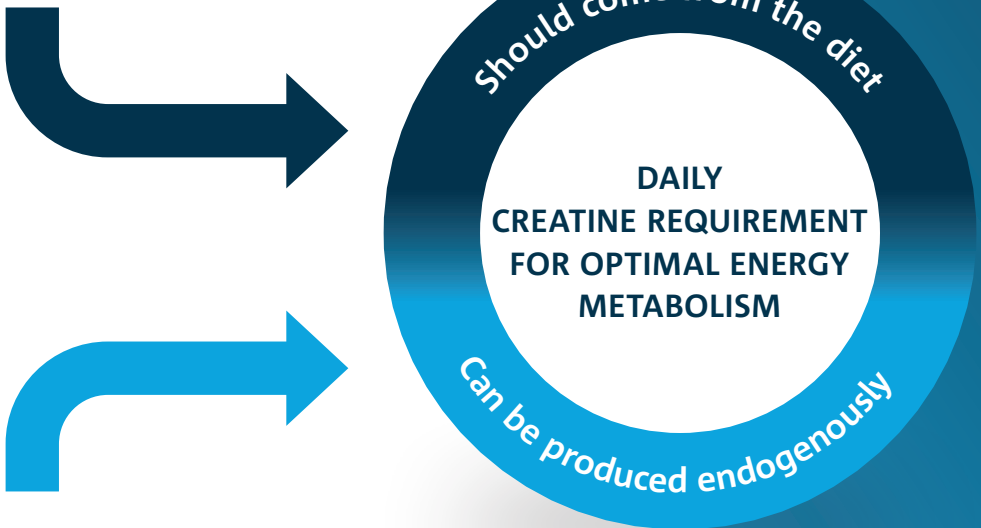
[creatineforhealth.com](http://creatineforhealth.com)  
[creatine.global](http://creatine.global)



# Daily creatine supply and sources

## CREATINE SUPPLY

- Approx. 50–60% of creatine demand is typically produced endogenously
- Food sources for creatine are all animal based
- Daily optimum level can be reached by:
  - 600g raw meat
  - 600g raw fish
  - 30 liters of milk
  - 3g creatine supplementation



## CREATINE TURNOVER

- The human body contains approx 80-120g creatine
- 1–3% are „used up“ per day
- Authorities confirm the effects of 3–5g creatine per day \*

\* based on scientific studies and two EU-Health Claims

# Interesting Creavitalis® research areas with good scientific evidence



FEMALE  
HEALTH



MALE  
FERTILITY



ENERGY



RECOVERY



AGE RELATED  
MUSCLE LOSS



CARDIO  
VASCULAR  
HEALTH



BRAIN &  
COGNITIVE  
FUNCTIONS



FATIGUE  
SYMPTOMS



## Benefits of Creavitalis® at a glance



### No side effects

Scientific studies confirm safety of use.



### Health effects proven by numerous studies

Two EU health claims, plus more than 66 thousand scientific studies.



### Easy to combine with other nutrients

Freeflowing powder. No negative interactions with other supplements.



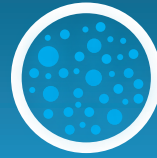
### Extended Specification

Tight quality and test schedule for Creavitalis®.



### Allergen free

Creavitalis® is free from any allergens.



### Micronized for best dissolution properties

Micronised product is ideal for instant powders and other common dosage.

# Creavitalis® – use the cellular energy effects of creatine for your applications!



\* Creatine has been awarded two EU Health Claims.

\*\* Creatine has been awarded GRAS status in the US, certifying product safety.



## Advantage of a Cooperation with Alzchem

We go the extra mile for you

- with innovative ideas.
- as trustworthy partner during projects.
- as reliable supplier.
- with high-quality products.
- while giving our best.
- GMP compliant production in Germany under strictest quality, social and environmental laws.

**JOIN US ON THE WAY TO INNOVATIVE, SUSTAINABLE PRODUCTS!**

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