

Product: 50/50 Creatine-X

Class: Creatine

Flavors available: Unflavored

Serving Size: 60 servings

Product Summary: Creatine has been a household name and staple in the supplement industry for quite some time. It stores high-energy phosphate groups in the form of phosphocreatine. Phosphocreatine releases energy to aid cellular function during stress. This effect causes strength increases after creatine supplementation, and can also benefit the brain, bones, muscles, and liver. Most of the benefits of creatine are a result of this mechanism. Our bodies can produce creatine naturally, but it also can absorb and store creatine found in various foods like meat, eggs, and fish. Our creatine formula contains creatine monohydrate, which is the most studied form of creatine. It also contains creatine anhydrous, which is essentially a pure form of creatine monohydrate.

Ingredient Details:

Creatine Monohydrate (2,500mg) is one supplement that has truly passed the test of time. It has been the subject of hundreds of scientific studies and the evidence is clear. It helps you gain muscle and strength faster, and improves anaerobic endurance and muscle recovery, and it does it all naturally and safely. When it comes to improving your body composition and workout performance, creatine monohydrate is basically all pros and no cons. Creatine is a natural compound made up of the amino acids L-arginine, glycine, and methionine. Creatine monohydrate is creatine with one molecule of H₂O (water) attached to it.

Creatine Anhydrous (2,500mg) is the result of removing the monohydrate from creatine monohydrate. Due to the exclusion of the monohydrate, creatine anhydrous is 100% creatine by weight. Creatine monohydrate contains 88% creatine by weight, as the monohydrate is 12%. This allows more creatine to be present in a concentrated formula. For this reason, creatine anhydrous is considered the premium version of creatine monohydrate.