

Creatine Plus

Creatine Plus (From Adeeva Nutritionals)

Creatine Plus: stir into any juice or shake for enhanced energy, strength, power, performance, and anti-aging benefits

Creatine Plus – contains micronized creatine for optimal absorption. Creatine is proven to increase strength, performance and lean mass gains in athletes of all ages. Creatine also preserves strength in aging persons, keeping them more functional. Other medical uses include improving strength and functionality in patients with multiple sclerosis, other neurodegenerative diseases, and chronic heart failure. This product also contains L-Glutamine, which has been shown to decrease muscle and protein breakdown during workouts and during periods of stress. It is also proven to reduce incidence of upper respiratory tract infections in athletes undergoing heavy training, by supporting immune function. This product can also help lower high blood glucose and HbA1c levels, improving management of type 2 diabetes and pre-diabetes. Creatine Plus also contains therapeutic doses of Arginine and Ornithine shown to boost growth hormone release, which accelerates lean mass development in athletes and helps preserve lean mass and strength in person`s over 40.

10 Unprecedented Benefits: Creatine Plus contains nutrients proven to provide the following health and performance benefits:

1. Increases explosive power and speed endurance with exercise training
2. Anti-aging – creatine, L-glutamine, ornithine and arginine have been shown to reverse muscle mass and strength losses in aging and elderly persons, increasing lean mass and feeling of well being and energy (even in the absence of formal exercise). These effects have a profound influence on the aging person`s quality of life, enabling them to remain more functional, capable of physical tasks, and independent

3. Increases lean mass gains in conjunction with strength training
4. Decreases muscle breakdown caused by exercise and stress, and allowing a greater natural anabolic effect from exercise
5. Supports immune health in athletes training at high levels, who are prone to upper respiratory tract infections (L-glutamine is primary fuel for many immune cells).
6. Increases release of Growth Hormone from the pituitary gland, which in turn, increases release of insulin-like growth factor-1 (IGF-1) from the liver. IGF-1 has significant anabolic effects that enhance lean mass gains in conjunction with exercise, in both young (over 17 years old), and older persons
7. Neurodegenerative Diseases and Brain Function– by providing more available energy to nerve and brain cells ingredients in this formula have been shown to help improve management of Parkinson’s disease and other neurodegenerative diseases (e.g. MS, early stage Alzheimer’s disease). Creatine has also been shown to boost brain function and performance in vegetarians, who are known to ingest sub-optimal amounts of creatine from food.
8. Congestive Heart Failure (CHF) – by providing more available energy to the heart muscle ingredients in this formula have been shown to improve the management of CHF
9. Rehabilitation – ingredients in this formula have reduced muscle atrophy in patients whose limbs are in a cast due to fractures, enabling faster recovery time and earlier return to competition
10. Type 2 Diabetes – creatine has been shown to increase activity of the Glut-4 transporter, which increases insulin sensitivity, lowering blood glucose in diabetics and pre-diabetics, along with lowering the hemoglobin A1c (HbA1c).

Ingredients:

Each serving contains the following:

Micronized Creatine Monohydrate – 5 grams

L-Glutamine – 0.5 grams

L-Arginine – 0.5 grams

L-Ornithine – 0.5 grams

One serving (one scoop) = 6.5 gms

60 servings per bottle (390 grams)

Daily Dosage:

Loading Phase: For the first 5-7 days, ingest two scoops (2 servings) in the morning, mixed into juice or shake mix, two scoops in the afternoon (mixed with juice or shake), and one additional scoop towards the end of the day (mixed into juice or shake mix)

Maintenance Phase: ingest two scoops (servings) per day mixed into any juice or shake.

Clinical Applications:

- Athletic Performance: strength, explosive power, speed endurance, anabolic muscle gains
- Anti-aging: maintain strength, power, muscle mass, and energy in person's over 40
- Immune Support in athletes and stressed individuals
- Type 2 diabetes and pre-diabetes
- Fracture recovery to prevent atrophy
- Certain Neurodegenerative Disease (supportive measure)
- Certain cases of Congestive Heart Failure (supportive measure)
- Vegetarians

Contra-indications and Precautions:

- Kidney Disease – patients with any stage or type of kidney disease should not take this product
- Liver Disease – requires physician approval
- Organ Transplant – requires physician approval
- Pregnant
- Breast Feeding
- History of Cancer – requires physician approval

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