

PRODUCT INFORMATION



CREATINE 320

BASIC FUNCTIONS: Energy, Strength, Recovery, and Muscle Growth

Gen-Tec Nutrition provides the highest quality pharmaceutical grade Micronised Creatine Monohydrate (CM). Micronised creatine is the most bio-available form due to faster absorption and greater total uptake of the fine creatine molecules. Creatine is responsible for improving performance in high-intensity exercise, increasing energy, strength, increasing lean muscle mass and speeding up recovery rates.

When consumed in supplement form CM stores in muscle cells as creatine phosphate (CP). CP is then instant energy store for conversion of Adenosine Di Phosphate (ADP) to Adenosine Tri Phosphate (ATP). This is called the phosphate energy system. Any high intensity exercise which last for 10 seconds or less uses this energy system. For example: Creatine is the only fuel source for a 100 yard sprint, jump, leap, tackle, throw, run kick, single or double lift etc. Carbohydrate and fat doesn't supply energy for muscle contraction fast enough in these situations. In addition to creatine's positive role as an energy source stored creatine draws extra water "into" muscle cells thereby increasing muscle size and fullness. Larger, fuller cells also have greater leverage directly increasing strength. The water cell volumising effect of creatine supplementation helps increase protein synthesis while minimizing muscle breakdown. All of this adds up to greater energy, strength and muscle growth.

Our Creatine is manufactured internationally by one of the world's leading "PHARMACEUTICAL" companies.

Pharmaceutical companies are regulated by government bodies at a much higher level than food manufacturers ensuring consistent quality control procedures are effective on every batch of Creatine Monohydrate .

Up to 1/3 of Gen-Tec's Creatine Monohydrate blows through an ultra fine 320 mesh. This ensure's the you are getting the finest creatine particles available.

Gen-Tec's Creatine 320 is tested for four major contaminants: creatinine, dicyandiamide, dihydrotriazine and the newly discovered thiourea. Creatinine (CRN) is a by-product of creatine synthesis. It is a waste product which is excreted in the urine. Creatinine has no ergogenic properties whatsoever. It's also the stuff that you get when you leave creatine suspended in solution for a long period of time. Gen-Tec's Creatine 320 is gaurenteed tocontain **less than 50 parts per million (ppm)**. Dicyandiamide (DCD) is a derivative of cyanamide. During creatine testing, large amounts of residual dicyandiamide indicate that the manufacturing process was either inefficient or incomplete. Like creatinine, DCD is excreted in the urine as a waste product. A good creatine monohydrate should contain no more than 50 parts per million (ppm) of dicyandiamide. A great creatine monohydrate should contain far less than this. **DCD is UNDETECTABLE** in Gen-Tec Nutritions Creatine 320.

Dihydrotriazine (DHT) is another contaminant that results from improper creatine manufacturing. It belongs to a class of chemicals known as triazines and is a virtually unknown substance, pharmacologically and toxicologically. Until longterm studies are performed, we simply have no idea what dihydrotriazine will do to the human body. Gen-Tec Nutrition's Creatine 320 contains **Nil DHT**. Thiourea is a newly discovered impurity found in more cheaply manufactured Creatine. Gen-Tec's Creatine 320 again contains **Nil THIOUREA**.

With Gen-Tec Creatine 320 you know you are getting the purest, fine grade Creatine Monohydrate on the market today! This inevitably leads to better results and value for money.

For best results: Loading phase 7 day – 30g / day, Maintenance 7 weeks – 5-15g / day
Then take 2 weeks off and repeat 8 week cycle.

Upon rising:	5g *
15 mins before lunch	5g
30 mins before training	5g *
Immediately after training	10g*
Before bed	5g

*Use Creatine 320 at these times during maintenance

Note: Use 5g/day upon rising on non-training days.

Tips: Consume 42ml water per kg bodyweight per day while using Creatine 320
Mix with Gen-Tec Pure Carbs or non-acidic juice

Sizes available: 300g, 500g and 1 kg



100% Australian Owned and Manufactured. Gen-Tec sources the world's finest quality raw materials and use internationally recognised bio chemists to produce leading products that live up to my expectations!

Nick Jones, Mr Australasia, Mr Australia, Mr World

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