# Creatine Paste

## Creatine and chromium to enhance energy supply and endurance of muscles

### COMPOSITION

Tri-Creatine Malate 200 mg/mL

Chromium Picolinate 100 µg/mL

### ACTIONS

CREATINE is an amino acid which is critically involved in supporting energy supply to muscles. Muscle contraction depends entirely on ATP (adenosine triphosphate) as an energy source. As ATP releases energy it is broken down into ADP plus a high energy phosphate. Creatine, as Creatine phosphate, converts ADP back into ATP, so that muscle contractions are able to continue after initial ATP reserves are used. Creatine , like ATP, is essential for muscle function.

* CREATINE paste is a source of Creatine and Chromium.

* CREATINE increases energy supply to muscles, and reduces lactic acid accumulation to delay fatigue.

* CREATINE improves work output of muscles by improving availability of ATP.

* CREATINE improves muscle protein synthesis, muscle density & strength, and maximum work output.

Creatine provides a vital source of energy to allow ADP to be remanufactured into ATP, so that muscle activity can be continued. Creatine phosphate is stored in muscle tissue, ready to fuel muscle activity. High creatine levels, and thus improved ATP supply, prevent the muscles using glycolysis for energy production.

This is important as glycolysis produces lactic acid, which, in time, creates lactic acidosis, muscle fatigue and Tying Up, and loss of performance. By reducing lactic acid formation, Creatine is delaying the onset of muscle fatigue.

CREATINE also improves the body's ability to manufacture the proteins used during muscle contraction. This results in increased muscle density, size and strength.

Chromium Picolinate enhances the activity of Insulin. Insulin is vital to many body functions - most importantly dealing with body sugar and facilitating muscle growth. Supplementation with chromium has been shown in trials in horses and humans to increase muscle weight gain and decrease body fat. Supplementation with chromium is important for optimal muscle development, as most diets are deficient in chromium.

The combination of chromium and creatine has a powerful muscle conditioning effect, and significantly improves available energy supplies to muscles during exercise.


### INDICATIONS

To support energy supply to muscles..

### DOSAGE AND ADMINISTRATION

CREATINE should be given as a twice daily oral dose of 10 - 15 mL for 3 - 4 days prior to expected hard work. Give the final dose within 4 - 6 hours of anticipated strenuous exercise.

CREATINE is commonly used in combination with AMP-5 (a vasodilator which improves oxygen supply to skeletal and cardiac muscle), or L-CARNITINE. CREATINE and CHROMIUM are also included in other

Nature Vet products including NATROZOL POWDER.

Creatine is safe to use with all other Nature Vet products.

### WARNINGS

Export Slaughter Interval (Horses): Nil

### PRESENTATION

30 g adjustable dose paste syringe - 12 per outer.

250 g paste pot - 6 per outer.

### STORAGE

Store below 30°C (Room Temperature).

### AVAILABILITY

For General Sale

### SEE ALSO

Natrozol, AMP-5, L-Carnitine, Hi-Octane, Tripart

*Sprinters:*

*Benefit from the combination of AMP-5 given 24 hours, and again 4 - 6 hours pre-event, and CREATINE loaded into muscles by giving twice daily doses for 3 - 4 days prior to hard exercise, with the final dose given within 4 - 6 hours of hard work.*