

 **Creapure**®

pure. proven. perfect.
Premium Creatine – Made in Germany



Our quality



Creapure® is the purest form of creatine on the market. Creapure® is 100 % made in our dedicated facility in Germany. Not all creatine is created equal. Products made elsewhere do not compare in quality.



Creapure® ensures a continuous high quality level and every lot is analytically controlled before being shipped. Creapure® is the only creatine produced in the western hemisphere and therefore continuously produced under strict German and European standards.



All steps of the manufacturing process are continually monitored and well documented, resulting in consistent, reliable and unsurpassed quality.

Our process

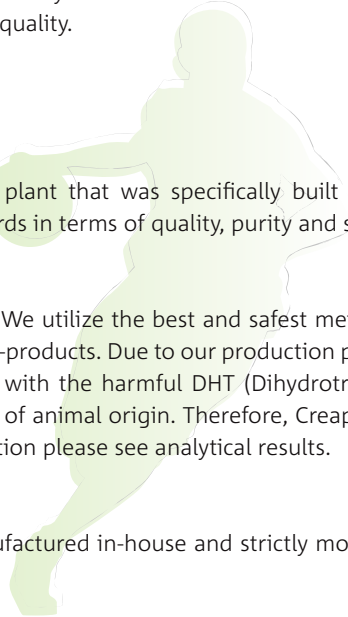


Creapure® is manufactured in a certified GMP plant that was specifically built for the production of creatine. It sets the highest standards in terms of quality, purity and safety.



There are several ways to manufacture creatine. We utilize the best and safest method of production to minimize the risk of undesirable by-products. Due to our production process, it is impossible that Creapure® is contaminated with the harmful DHT (Dihydrotriazine). Materials used for Creapure® production are not of animal origin. Therefore, Creapure® is vegetarian and vegan friendly. For more information please see analytical results.

The basic raw materials used to make Creapure® are manufactured in-house and strictly monitored by AlzChem Trostberg GmbH.



Analytical results

We tested creatine products from all around the world. The analyses* of all the samples showed that Creapure® is the purest source of creatine.

Regulators have been stepping up their oversight of nutrition ingredients, particularly in regards to impurities. The EFSA (European Food Safety Authority) recommends that a creatine product should not exceed:

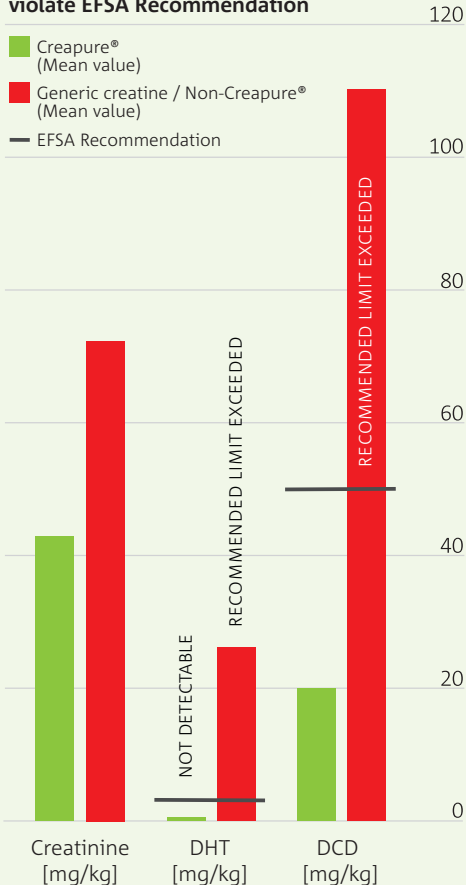
- DCD levels of 50 mg/kg
- DHT levels of 3 mg/kg

The graph shows the average results from 9 different Creapure® creatine monohydrate products and 20 different generic creatine monohydrate products.

The average amounts of DCD and DHT found in generic creatine products significantly exceeded the levels recommended by the EFSA. It is important to note that DHT-related compounds are suspected to cause cancer.

Creatinine is generally not harmful, but an indicator for the creatine purity. A low creatinine-level means you are getting a purer product and therefore more creatine per serving.

Results show impurities in generic creatine violate EFSA Recommendation



*according to analyses 01/2019

Creatine – the body’s own dietary supplement

Creatine, which occurs naturally in the body, plays a crucial role in the body’s energy metabolism. If energy is needed, ATP (adenosine triphosphate = energy currency of the cell) is converted to ADP (adenosine diphosphate). Eventually, the body turns ADP back into ATP using energy derived from food, but this takes time, and muscle cells can store only enough ATP to allow a few seconds of high-intensity work. Therefore, creatine supplementation is substantial to ensure high levels of phosphocreatine.



Everybody needs creatine every day

Adults have around 80–130 g of creatine in their bodies. Every day about 1–2 % of this creatine is broken down and excreted, so it has to be replenished.

The human body naturally produces some creatine. Intake of significant amounts of creatine from food is only possible by eating meat and meat products. However, cooking and food preparation can result in creatine loss in food.

Given your daily requirement of creatine, consumption of meat and synthesis of creatine by your own body may only provide maintenance levels of creatine. The body’s need for creatine to maximize your creatine levels may be significantly greater and that is why a Creapure® creatine supplement may be right for you.



How much do I need?

Take 3–5 grams of Creapure® creatine monohydrate daily to replace what your body uses every day.

You can personalize the rate within the range provided based on your size, muscle mass and activity level.

Creapure® can be used at any time of day, but you may benefit from taking the product immediately after exercise or in the morning.

A loading phase is not required.



Who benefits?



Creatine isn't just for Bodybuilders and Fitness Athletes. It is the perfect supplement for all sports that require repeated bursts of maximum power – such as Soccer, Basketball, Football, Baseball, Hockey, Swimming, Track and Field, and many more. To consistently perform at your highest level, you need a sufficient amount of creatine in your body.



As we age, we can also benefit from taking Creapure®. In combination with moderate resistance training, Creapure® helps to stop the age related loss of muscle mass, strength and improves mental activity.



Did you know several scientific studies indicate that creatine has even more beneficial effects, which have been shown in the following categories: Brain function, sleep (better quality of sleep and decreased sleep demand), antioxidative property, bone health.



Vegetarians and Vegans show lower muscle creatine stores compared to people who eat meat.

Why choose Creapure®



Creapure® is on the Cologne List® and is tested for banned substances regularly. By using only products of the Cologne List®, athletes reduce the risk of unintentionally becoming the victims of doping.



Creapure® is vegan and kosher as well as halal certified.



Creapure® production uses Hazard Analysis and Critical Control Points (HACCP) is a management system, widely used to identify, assess and control health risks in food production.



AlzChem Trostberg GmbH, the producer of Creapure®, is certified for these ISO-Norms:
Quality management: ISO 9001, Environmental management: ISO 14001,
Energy management: ISO 50001



The Creapure® Quality Seal



Creapure® is the only established ingredient creatine brand with a global scientific high reputation.

Creapure® is ingredient in a wide range of nutritional products.

Creapure® is the only creatine produced in the western hemisphere.

Creapure® is MADE IN GERMANY.

**If you buy a creatine product, make sure there is a Creapure® Quality Seal on the packaging!
So that you can be sure you are using one of the best and most reliable products on the market.**

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