



MÉDERI
NUTRICIÓN INTEGRATIVA
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CREATINA PLUS MÉDERI



Description: Food supplement based on creatine monohydrate, HMB, beta-alanine, L-Taurine, magnesium, vitamins and bamboo extract.

Directions for use / recommended dose: Take one (1) scoop per day or as recommended by a professional. Fill the scoop level, tap the full scoop to compact the powder slightly and finish filling it. Dilute in a glass of water, juice or vegetable drink (250 mL). Stir until dissolved and drink.

Presentation: Powder. Includes measuring scoop.

Composition: Creatine monohydrate, magnesium bisglycinate, L-ascorbic acid (vitamin C), thickener (gum arabic), 3-HMB-Ca monohydrate (calcium hydroxymethylbutyrate), natural citrus flavouring powder, B-Alanine, lemon flavouring powder, L-taurine, acidifier (citric acid), dry extract of bamboo stem (*Bambusa arundinacea*, 70 % silica) and nicotinamide (niacin).

Storage conditions: Store the container tightly closed in a dry, cool place away from sunlight.





Ingredients	1 scoop (7 g)	% NRV*
Creatine	3,000.0 mg	
Vitamin C	500.0 mg	625.0 %
Hydroxymethylbutyrate	250.0 mg	
B-Alanine	250.0 mg	
L-Taurine	250.0 mg	
Magnesium	150.0 mg	40.0 %
Dry extract of bamboo stem	70.0 mg	
- Of which: Silica	49.0 mg	
Niacin	25.0 mg NE	156.2 %

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of the reach of young children.

Properties and possible applications:

Creatine improves physical performance in successive sets of short, high-intensity exercise. Daily consumption may enhance the effect of resistance training on muscle strength in adults over 55 years of age.

Magnesium helps to reduce tiredness and fatigue, normal protein synthesis and the process of cell division; it contributes to the normal functioning of muscles, the nervous system, energy metabolism, electrolyte balance and to the maintenance of good psychological function and the maintenance of normal bones and teeth.

Niacin (vitamin B3)) contributes to normal energy metabolism, normal nervous system function, normal psychological function and helps reduce tiredness and fatigue.

Vitamin C contributes to the normal functioning of the immune system during and after intense physical exercise (the beneficial effect is obtained with an intake of 200 mg per day in addition to the recommended daily intake of vitamin C), to the normal formation of collagen for the normal functioning of blood vessels, bones, cartilage, gums, skin and teeth, normal energy metabolism, normal functioning of the nervous system, normal psychological function, normal functioning of the immune system, protection of cells from oxidative damage, helps reduce tiredness and fatigue, helps regenerate the reduced form of vitamin E and improves iron absorption.

Bamboo (*Bambusa arundinacea*) is beneficial for the health, strengthening and maintenance of joints, cartilage and bones. It contributes to the constitution of cartilage and bones thanks to its silica content. Helps restore joint comfort and mobility. Helps support joint flexibility and mobility. Helps to relieve joint discomfort. Participates in bone remineralisation. Helps maintain joint mobility.

It is important to follow a varied and balanced diet and a healthy lifestyle.