

BIOGENA SPORTS - Creatine Sticks



Creatine can improve your physical performance during high-speed strength training as part of short-term, intensive physical exertion. The effect is achieved from just 3 g a day - for your ultimate power and performance in sport.

Creatine can provide you with ideal support, especially in explosive sports such as sprinting, weightlifting or jump training.

The tasteless creatine sticks are made for you, regardless of whether you like to do your high-intensity workouts in weight training or endurance sports. Thanks to the practical stick form, simply dissolve in water and enjoy directly before or after your workout - your training buddy for everywhere! Also ideal as an extra for your protein shake.

Each stick provides you with the optimum daily dose of 3 g of high-quality creatine. The contents of the stick can simply be dissolved in water or optionally added to your protein shake, whether before or after your workout.


Particularly interesting for anyone on a vegetarian or vegan diet: Creatine is mainly found in animal products such as meat and fish. Targeted supplementation can therefore help to replenish your body's creatine stores and reap potential benefits for your training.

- *3 g creatine a day increases your physical performance during high-speed strength training as part of short-term intensive physical activity.

Possible applications:

- to improve physical or athletic performance
- for short-term intensive physical activity in the form of high-speed strength training such as sprinting or weight lifting
- Creatine increases physical performance during high-speed strength training as part of short-term intensive physical activity. The positive effect is achieved with a daily intake of 3 g creatine.

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BIOGENA
WELCOME TO YOURSELF

Bioavailable micronutrients in pure form

- According to the pure substance principle
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- 100 % vegan
- Tested quality

INGREDIENTS per daily dose	1 sticks	% NRV*
Creatine monohydrate	3.4 g	-
<i>thereof Creatine</i>	3 g	

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Creatine monohydrate

RECOMMENDED DOSAGE

Daily, preferably immediately before or after training, dissolve the contents of one stick (3.4 g) in plenty of water (approx. 250-300 ml) and drink.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

PACKAGE SIZE AND CONTENT

60 portions of 3.4 g each (pack for 2 months), 190 g

Food supplement: Do not exceed the recommended daily intake. Suitable for adults who engage in intensive physical activity. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 07.03.2025



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