



BULK WHEY

Bulk Whey

Creatine



Creatine is a naturally occurring nitrogenous organic acid, which helps to provide energy to muscle cells. It is essentially made up of three amino acids: Arginine, Glycine and Methionine, which are combined in the liver.

There are various different Creatine compounds available on the market today. The most popular form is Creatine Monohydrate.

There have also been various studies conducted, which suggest that Creatine could also be beneficial to people suffering from neurological and neuromuscular disorders including arthritis, congestive heart failure and Huntington's disease.



Creatine Monohydrate (Creapure) - 1Kg
£20.00

Creatine Monohydrate (Creapure) helps increase athletic performance, enhance your strength & power, increase lean muscle growth and act as a lactic acid buffer. [\[Product Details...\]](#)

Recently Viewed Products

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- [3 x BULK WHEY Blender Shaker Bottle - \(28oz/795ml\)](#) (Product Category: [Accessories](#))

- [Linwood Organic Cold-Milled Ground Flaxseed - BOX OF 10 Pouches](#) (Product Category: [Essential Fatty Acids](#))