

PRL PREMIER CREATINE



**\$65.50 inc GST**  
**PRODUCT SUMMARY**

Elevate Your Physical and Cognitive Performance with Premier Creatine.

Creatine monohydrate is one of the most extensively researched dietary supplements, offering multiple benefits for athletic performance, muscle health, and cognitive function. As an endogenously produced metabolite, creatine is vital in refueling and rehydrating brain and muscle tissues at the cellular level. Additionally, it is a valuable option for vegetarians and aging adults who may have lower creatine levels due to dietary restrictions or reduced natural production.

**MORE INFORMATION**

Fast-dissolving and highly bioavailable, Premier Creatine powder delivers reliable, effective results. Premier Creatine offers the following health benefits:

Enhances oxygen utilization in the brain, supporting cognitive health.\*

Supports maintenance of cognitive function in aging populations and vegetarians.\*

Facilitates optimal oxygen utilization in muscle tissues during high-intensity exercise.\*

Supports muscular strength and enhances exercise performance.\*

Quality and Purity

Quality is paramount when supplementing for athletic and cognitive performance support. It is essential to know that creatine supplements are often adulterated with fillers, impurities, and contaminants. Premier Creatine stands out as a clean and effective choice for supplementation needs.

Produced under stringent GMP-certified standards and using pharmaceutical-grade raw materials, our creatine powder undergoes rigorous third-party testing for purity and potency. Our Premier Quality standards ensure it contains no harmful additives or fillers and is free from contaminants. Choose Premier Creatine for a safe and reliable supplement option.

### Building and Maintaining Muscle Mass

**ATP (Adenosine Triphosphate) Synthesis:** Creatine monohydrate increases the availability of creatine phosphate (phosphocreatine) in muscle cells. Phosphocreatine donates a phosphate group to ADP (adenosine diphosphate) to regenerate ATP, providing a quick energy source for muscle contractions during high-intensity, short-duration activities.

**Enhanced Energy Availability:** By maintaining higher ATP levels, muscles can sustain high-intensity efforts for extended periods, enhancing performance and delaying fatigue.

#### Cellular Hydration

**Osmotic Effect:** Creatine draws water into muscle cells, increasing cell volume. This osmotic effect helps in muscle hydration and triggers anabolic signaling pathways that help promote muscle growth.

**Increased Cell Volume:** Enhanced cell volume promotes protein synthesis and muscle hypertrophy, contributing to muscle growth over time.

#### Protein Synthesis

**mTOR Pathway Activation:** Creatine supplementation activates the mTOR (mechanistic target of rapamycin) pathway, which is crucial for muscle protein synthesis and promotes the growth and repair of muscle tissues.

**Satellite Cell Activity:** Creatine increases the activity and proliferation of satellite cells involved in muscle repair and growth. These cells help regenerate muscle fibers damaged during intense exercise.

### Reduced Muscle Damage and Inflammation

**Antioxidant Properties:** Creatine has antioxidant properties that help reduce oxidative stress and inflammation in muscle cells, supporting quicker recovery and less muscle damage after intense workouts.

### Brain Health and Cognitive Support

#### ATP Production in Brain Cells

**Constant ATP Requirement:** The brain requires a continuous and substantial amount of ATP for various functions, including synaptic transmission and maintenance of ion gradients. Creatine

enhances the brain's phosphocreatine stores, ensuring a rapid resynthesis of ATP during high-demand situations such as intense mental tasks.

Neurotransmitter Support: Adequate ATP levels support the release of neurotransmitters, essential for proper brain function and communication between neurons.

Neuroprotective Effects

Oxidative Stress Reduction: Creatine's antioxidant properties help protect brain cells from oxidative stress, reducing cellular damage that can lead to cognitive decline and neurodegenerative diseases.

Mitochondrial Support: Creatine supports mitochondrial function and health, which is vital for energy production and overall brain health.

Cognitive Performance Enhancement

Enhanced Cognitive Performance: Creatine supplementation may improve cognitive performance, particularly in tasks requiring short-term memory and quick thinking. This is especially beneficial during sleep deprivation or mental fatigue, where creatine helps maintain cognitive function.

Sustained Cognitive Performance: Creatine may help sustain cognitive performance during extended periods of mental exertion by boosting ATP availability.

**SKU:** 500-488 | **Categories:** [Brand](#), [Practitioner Range](#), [PRL](#) | **Tags:** [plant based](#), [protein](#), [vegan](#)

PRODUCT DESCRIPTION

Serving Size 1 Heaped Scoop (5 g)		
Servings Per Container: 40		
Creatine Monohydrate		5,000 mg
Other Ingredients: None.		
<b>Please note:</b> Due to the natural components of Premier Research Lab's supplements, ingredient levels may change between product batches. Please refer to product label if uncertain.		

**ADDITIONAL INFORMATION**

<b>Weight</b>	280 g
<b>Dimensions</b>	92 × 92 × 88 mm
<b>Indications</b>	Food
<b>Size</b>	220g

1 heaping scoop daily or as directed by a health professional.

Nutritional supplements should be stored in a cool, dry place, with caps tightly closed, and out of reach from children. Take only as directed.

**THERE ARE NO REVIEWS YET.**

YOU MAY ALSO LIKE...



**PRL Premier Marine Collagen**



**PRL Premier Plant Protein**



**BioTrace Elite Ion-Power with Zest**



**BioTrace Elite Ion-Power**