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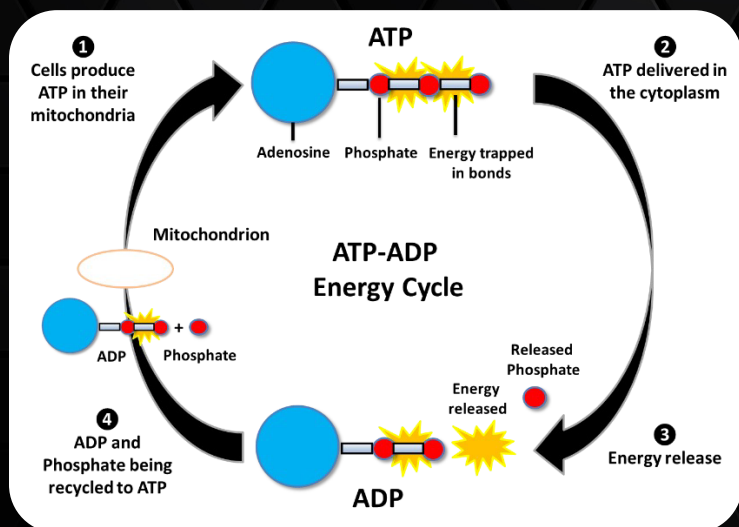
# CREATINE & PeakATP®



Next to protein, **creatine is the most researched and effective supplement** for athletes. Creatine helps with exercise performance by rapidly producing energy during intense activity. However, for creatine **to be effective, a loading phase is required to increase the muscular creatine content**, and creatine has no effect on blood flow to the exercising muscle. New forms of creatine have been developed over the years, trying to improve the original form of creatine, creatine monohydrate, however, none of the new forms of creatine have shown any physiologically meaningful benefit over creatine monohydrate. Combining creatine with ATP can overcome these shortcomings, making the combination of **ATP and creatine the ideal performance stack**.



## WHY CREATINE & PEAK ATP® ?



Energy is freed from ATP by removing one of the phosphate groups yielding ADP. ADP is then re-charged into ATP via phosphorylation.

The average individual has a total ATP pool of 250 grams of which less than one third is stored in the muscle and each day the human body turns over as much ATP as its own body weight.

Creatine & PeakATP administration are both effective ergogenic supplements increasing performance in athletes, however, their mechanism-of-action is different. Matching their storage in the human body, creatine works mainly inside the muscle cell through ATP, orally supplemented ATP's efficacy is based on delivering nutrients and oxygen to the exercising muscle cell, as well as increasing muscular excitability.