

Technical Data Sheet CREATINA

1. INTRODUCTION

PRODUCT	CAS No.
Creatina monohidratada	6020-87-7

2. APPLICATIONS

Creatine monohydrate can improve oxygenic metabolism of muscle. It can restrain the appearance of intramuscular tiredness, furbish physical ability, accelerate to synthesize protein of human, bring muscularity, tone up intramuscular flexibility, reduce the content of cholesterin, blood sugar and blood fat, ameliorate intramuscular atrophy, leave caducity.

Food additives, cosmetic surfactants, feed additives, beverage additives, pharmaceutical raw materials and health care product additives, can also be directly into capsules or tablets for oral administration.

Nutritional enhancers. Creatine monohydrate is regarded as one of the most popular and effective nutritional supplements. Its status is high enough to keep pace with protein products and rank among the "best-selling supplements". It is rated as a product that must be used by bodybuilders, and is also widely used by athletes of other programs, such as football and basketball players, who want to improve their energy levels and strength. Creatine is not a banned drug, it is naturally found in many foods, so no exercise tissue does not ban creatine.

3. SPECIFICATIONS

Item	Specification
Appearance	White crystalline powder
Assay	≥99.5%
Loss on Drying (%)	≤12.0%
Residue on Ignition	≤0.1%
Sulfate	≤0.1%
Iron	≤10ppm
Heavy metal	≤10ppm
Arsenic	≤0.0001%
Creatinine	≤100ppm
Dicyandiamide	≤50ppm
Particle Size	≥70% through 200mesh



Bulk Density	≥430g/L
Tapped Density	≥550g/L
Total Plate Count	≤1000cfu/g
E. coli	Negative
Yeasts and Molds (CFU/g)	≤100cfu/g
Coliform Bacteria	≤10cfu/g
Staphylococcus aureus	Negative
Salmonella	Negative

- **Shelf life:** 24 months.
- **Package:** 25kg carton.
- **Storage conditions:** STORE IN DRY, COOL AND ODORLESS PLACE AWAY FROM MOISTURE AND DIRECT SUNLIGHT.

4. NUTRITIONAL DATA

<i>Nutrient</i>	<i>Amount</i>	<i>Nutrient</i>	<i>Amount</i>
Calories (cal/g)	0	Vitamin E(IU)	0
Total Fat (g)	0	Vitamin K(mcg)	0
Saturated Fat (g)	0	Thiamin(mg)	0
Polyunsaturated Fat (g)	0	Riboflavin(mg)	0
Monounsaturated Fat (g)	0	Niacin(mg)	0
Trans-fatty Acids (g)	0	Vitamin B6(mg)	0
Cholesterol (mg)	0	Folic Acid(mcg)	0
Sodium(mg)	0	Vitamin B12(mcg)	0
Potassium(mg)	0	Biotin(mcg)	0
Total Carbohydrate (g)	0	Pantothenic Acid(mcg)	0
Dietary fiber (g)	0	Phosphorus(mg)	0
Soluble Fiber (g)	0	Iodine(mcg)	0
Insoluble Fiber (g)	0	Magnesium(mg)	0
Sugars (g)	0	Zinc(mg)	0
Protein (g)	0	Selenium(mcg)	0
Vitamin A(IU)	0	Copper(mg)	0
Vitamin C(mg)	0	Manganese(mg)	0
Calcium(g)	0	Chromium(mcg)	0
Iron(mg)	0	Molybdenum(mcg)	0
Vitamin D(IU)	0	All other nutrients	0

*Nutrition information per 100g.