

Creatine Gold

DIETARY SUPPLEMENT



Virtuoos Creatine Gold is a high-quality supplement that has been specially developed to improve the performance of athletes. Creatine improves physical performance in successive sets of short, high-intensity exercises. Creatine also stimulates muscle growth and supports muscle strength during explosive strength exercises. Creatine is specially balanced for athletes.

NZVT Certified

Creatine Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Creatine Gold can be used by top athletes with confidence.

Recommended use

For each dose, mix one level measuring scoop with 250 ml of water or another drink that does not contain caffeine (e.g. juice). Preferably take with or immediately after a hot meal. One measuring scoop contains approximately 6 grams. Take one to two doses per day. Measuring scoop supplied.

Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans. Contains no artificial colours, flavours, or sweeteners

Health Claims

- 6 grams of pure creatine monohydrate per dose
- Improves performance and muscle strength²
- Simulates the build-up of muscle mass²
- Very popular supplement among athletes
- Suitable for vegetarians and vegans

Composition per dose (one level measuring scoop)			
Ingredient	Quantity	% RI	Compound
Creatine monohydrate	6.0 g	*	
RI = Reference intake / * RI not determined			

¹ The health claims apply to a dose of 3 grams and over

² Creatine improves your performance, muscle strength, and muscle growth during explosive strength exercises



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Creatine is one of the most researched dietary supplements in sports. It is a substance that is naturally produced in the body and is obtained by eating meat or fish. An average body contains about 120 grams of creatine, of which 95% is found in the muscles. Many studies have shown that an extra intake of creatine improves sports performances of an intensive and explosive nature and which contain many repetitions in combination with a short recovery time.

When ATP (adenosine triphosphate) is broken down into ADP (adenosine diphosphate), this releases energy that is used for muscle contraction. By consuming additional creatine, you increase the creatine phosphate levels in your muscles by 10–20%, resulting in faster ATP restoration and the supply of more energy.

Creatine can be used for:

- Short bouts of maximum exertion that last between 2 and 30 seconds and which are repeated, with a recovery time of 30 seconds to 3 minutes between repetitions.
- Sports of an explosive and intensive nature that contain repetitions (strength training, team sports, racket sports)
- Endurance sports (running, cycling, swimming) if they contain repeated explosive exertions (interval and sprints)

How to use it:

- In most cases, a loading protocol is used followed by a maintenance phase. The loading phase consists of five to seven days in which a dose of 20 to 25 grams of creatine is taken daily, spread over four doses (breakfast, lunch, dinner, and before going to sleep). This can be followed by a maintenance phase of four to six weeks, in which a daily dose of 2 to 3 grams is taken after exercise.
- It is also possible to follow a moderate protocol, in which a daily intake of 3 grams increases the amount of creatine in the muscles over a four-week period.
- To ensure that the muscles obtain as much creatine as possible, it is important to pay attention to timing and diet. After exercise, creatine is transported into the muscles more effectively. Furthermore, it appears that insulin affects the amount of creatine absorbed by the muscles. Simultaneous intake of creatine and carbohydrates (50–100g) increases the absorption of creatine in the muscles.

Additional information:

- Total creatine stores differ per person and depend on the amount of muscle mass, the type of muscle fibre, and the extent to which the creatine contents in the muscles are supplemented.
- Vegetarians or people who consume little to no meat or fish will particularly benefit from creatine supplementation, as their starting value is lower.
- Creatine has no effect on some people. This is likely because the stores in their muscles have already been fully replenished.
- Athletes with a lot of type two muscle fibres, such as strength athletes, will respond better to creatine than athletes with many type one muscle fibres.
- Using creatine may cause the body to hold more liquid. Keep this in mind when taking part in sports with weight classes or sports in which a higher weight has an adverse effect on performance (such as walking, cycling uphill, and gymnastics).
- Once you stop taking creatine, it takes four to six weeks for creatine stores to normalize.

The situations in which creatine is most useful depend on the type of sport and purpose



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