praxera™

HELPING PRACTICES BUILD
MORE THAN PATIENT LOYALTY

CREATINE POWDER

Energize Your Body and Mind*

- Promotes exercise performance and recovery*
- May give you more mental and physical energy*
- Supports healthy muscle function and strength*
- Encourages healthy brain function*

Creatine is a modified amino acid that helps build muscle mass and promotes energy, whether you're an athlete, a high-powered executive, or simply want to maintain an active lifestyle as you age.* Creatine is your answer to increased energy during exercise, faster recovery after activity, and increased mental alertness.* That's why Praxera™ Supplements is now offering a convenient creatine powder that you can mix into foods or beverages.

Boosts Exercise Performance and Recovery*

Exercise leads to micro-tears in muscle fibers. During recovery, these micro-tears heal, making your muscles stronger. Creatine promotes healing of micro-tears by activating muscle cells.* Creatine also boosts levels of hormones involved in muscle growth and tissue repair.* No more paying the price for a long hike, a day of gardening, or a workout at the gym.

Fuels Your Body with Energy*

Creatine energizes the body by giving it what it needs to make enough adenosine triphosphate (ATP), the body's main energy source.* ATP levels drop during aging, leading to reduced endurance and ability to exercise, and creatine supplementation may help support the body during this age-related concern.* Creatine promotes quick bursts of energy and may help reduce tiredness during exercise.*

Helps Maintain Muscle Mass*

Creatine keeps muscles strong while you're exercising.* It builds muscle mass and enhances hydration and supports muscle health.* Creatine promotes pathways that lead to new muscle growth, such as boosting the formation of proteins that increase the size of muscle fibers.*

Sharpens the Mind*

The brain needs a lot of ATP when performing challenging tasks.* Creatine helps the brain make more ATP, supporting short-term memory and reasoning and helping keep nerve cells healthy.* Creatine also boosts brain function by increasing levels of the brain chemical dopamine and improving mitochondrial function.* Creatine keeps you at the top of your game, whether you need to sink a precise putt on the golf course or finish a presentation at work.*

Creatine is recommended for:

- Enhancing athletic performance*
- Supporting mental clarity and focus as you age*
- Boosting energy levels during workouts*
- Promoting resilience against exercise-related injury*
- Supporting muscle comfort after exercise*
- Optimizing musculoskeletal health*
- Supporting healthy muscle mass*

Suggested Use: As a dietary supplement take 5g (approximately 1 scoop) daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 5 g (approximately 1 scoop)
Servings Per Container 90

Amount Per Serving	% Daily Value
Creatine Monohydrate 5 g	*

*Daily Value not established.

Other ingredients: none.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

VEGETARIAN / GLUTEN FREE / SOY FREE / NON-GMO

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.