

Pure Muscle Strength



Muscle Power Boost

For Maximum Muscle Power and Definition*



Muscle Power Boost

- Helps provide additional energy for muscles*
- Helps build muscle*
- Acts as a buffer to help prevent lactic acid build-up*
- Helps enhance protein synthesis*
- Helps support muscle repair*
- Premium Grade Creatine

Not a cheap synthetic source.

266 grams of natural source creatine

- FOS (Fructooligosaccharides)

From chicory, not sugar

*Can increase the good healthy bacteria in the colon fivefold in only 4 weeks**

- No fillers

One heaping teaspoon of Premier Muscle Power Boost is equivalent to amounts of creatine found in 2.2 pounds of uncooked red meat. Creatine is synthesized in the liver from three amino acids - arginine, methionine and glycine. 95-98% of Creatine is stored in the major skeletal muscles and lesser amounts are found in the heart, brain and testes. Once inside the muscle, it is phosphorylated to form creatine phosphate that is a high-energy substrate that assists in the contraction of the muscle fibers.

Health Benefits

Creatine is utilized to maintain higher levels of ATP during exercise. Creatine maximizes physical performance and reduces exercise fatigue by absorbing hydrogen ions released into muscles by lactic acid. Exercise such as weight lifting and sprinting depletes ATP and greatly increases the demand for creatine. When muscles use ATP for energy, a chemical process happens where the ATP is broken down into two simple chemicals ADP (adenosine diphosphate) and phosphate. This process of ATP turning into ADP releases the energy that gives muscles the ability to contract. The majority of creatine in muscles binds with phosphorus and is converted to creatine phosphate. Creatine phosphate reacts with ADP in your body and converts ADP back to ATP for more energy supplies.

Research shows that creatine can help buffer lactic acid that builds up in muscles during exercise - the burning sensation in

muscles during intense training. The process of hydrogen ions binding with creatine is possibly the reason for the control of lactic acid build-up in muscles.

Creatine promotes the body's anabolic phase for increased protein synthesis. Increased protein synthesis results in greater muscle gain. Taking creatine supplements for workouts means you will have more energy because it enables the energy cycle to continue for longer periods of time.

Processing

Muscle Power Boost is a natural source of creatine and free of chemical binders, fillers or other non-nutritive substances.

Synergistic Products

Synergistic products may include Quantum-5 System Kit (5 key products to promote optimal health), FitFast Sublingual and FitFast Daily, Premier Nutritional Yeast Flakes and Tocotriene Complex.

Recommended Use

Adults or children (age 12 and up): Take 1 to 2 teaspoons daily. For maximum results, split the daily amount of Muscle Power Boost in 2 parts. Take one part 15 minutes before exercise. Take the second part within one hour after exercise.

For Creatine Loading: Initially some athletes prefer to "load" Muscle Power Boost, using 2 to 5 teaspoons daily for 5 to 7 days, then continuing to maintain at 1 to 2 teaspoons daily. (1 teaspoon = 6 grams of creatine and 1.6 grams of FOS)

