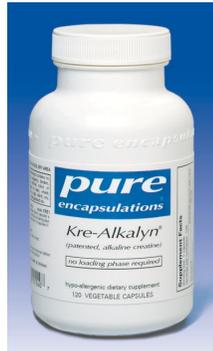




Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Kre-Alkalyn®

INTRODUCED OCTOBER 2009

What Is It?

Kre-Alkalyn® is a patented, next-generation, alkaline creatine, also referred to as "The Metabolic Acid Buffer."[†] It is a newly developed buffered creatine that helps to enhance energy and strength and lessen muscle soreness due to lactic acid.*

Features Include

- Alkaline pH creatine, providing enhanced support for lactic acid and metabolic acid buffering*
- Enables a high concentration of cellular creatine to be absorbed
- Lower effective dose
- Requires no loading phase
- Does not cause water retention
- May be taken daily for sustained energy

Uses For Kre-Alkalyn®

Support For Physical Training: Creatine is an important compound utilized by skeletal muscle to regenerate the energy molecule ATP by enhancing levels of phosphocreatine. It provides safe nutritional support for athletes seeking peak performance in short-duration, high-intensity workouts. By supporting the body's natural ability to regenerate the primary energy immediately available to working muscle, creatine has the potential to increase optimal work output and delay fatigue in activities such as weight-lifting and sprinting. Furthermore, creatine may also support lean body mass. In a randomized double blind clinical trial Kre-Alkalyn® pH balanced creatine supported muscular performance in Olympic-level weight lifting athletes. Several case study reports involving professional male football players and endurance athletes also indicate that it supports energy, endurance, stamina, muscle comfort and body composition.*

What Is The Source?

Kre-Alkalyn® (pH balanced creatine)[†] is synthetically produced.

[†]Kre-Alkalyn® is a registered trademark of Biocetrical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

Recommendations

Pure Encapsulations recommends 3 capsules a half hour before a workout on training days. On non-training days, take 1-3 capsules in the morning.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In some individuals, creatine can cause nausea, diarrhea or muscle cramps. No consistent toxicity has been reported in studies of creatine supplementation. Creatine supplementation should be avoided by individuals with existing kidney disease. One case report of nephritis and one case report of atrial fibrillation have been documented. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Creatine should not be combined with nephrotoxic medications, including cyclosporine and nonsteroidal anti-inflammatory drugs (NSAIDs). Consult your physician for more information.

Kre-Alkalyn®

three vegetable capsules contain  v 00

Kre-Alkalyn® (pH balanced creatine)[†] 1,500 mg

3 capsules a half hour before a workout on training days.
On non-training days, take 1-3 capsules in the morning.

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

For educational purposes only. Consult your physician for any health problems.



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