

TREC  
CM3 POWDER

Packing: 250g or 500g

BEST EBAY PRICE !

TREC CM3 1250 is premium-grade creatine monohydrate bonded with malic acid, resulting in three creatine molecules to every one molecule of malic acid. This formula makes for a highly-absorbed and very effective form of creatine supplement for fast, effective results.

The combination of CM3 means you benefit from best-quality creatine with an enhanced level of energy production but typically will experience none of the water retention issues associated with simple creatine supplements.

Ingredients:

5 g	10 g		
Tri-Creatine Malate		4,75g	9,50g

Dosage :

Take 5 g (1 scoop) and mix with 250ml of water or juice. Take 1-3 servings per day.

On training days: 5g in the morning, 5g 30 min. before the training, 5g just after training.

On non-training days: 5g in the morning, 5g after lunch, 5g before bed.