

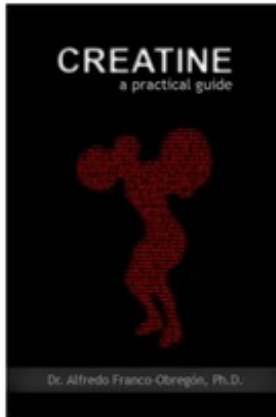


# CREATINE

## a practical guide

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**The creatine supplementing protocols recommended by many manufacturers will not allow you to extract creatine's full anabolic punch.**



In order to reap creatine's full range of benefits, it is imperative that one first sets the stage - *metabolically speaking*. Unfortunately, this information is not easily available to the public. Moreover, many creatine informational websites misinterpret existing scientific studies and disseminate potentially harmful advice about the "proper" use of creatine.

Dr. Alfredo Franco-Obregón now shares his insights about sports supplementation with an e-book that reveals the truth about creatine and the many ways in which it can help you achieve your true athletic potential - at any age.

With «**Creatine: A practical guide**», you'll learn how to optimize creatine supplementation with the least amount of stress to your system and at the lowest price!

Here are some important facts about creatine you should know:

→ The timing and composition of your meals are absolutely imperative

[Additional information >>> HERE <<<](#)

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