

KRE-ALKALYN® BUFFERED CREATINE

Creatine Workout Drink



House Of Muscle has semi-exclusive rights to sell Kre-Alkalyn® which is trademarked, patented and registered to Bioceutical Research & Development Laboratory (BR&D).

What is Kre-Alkalyn® & why do I care if it is in my workout drink?

Kre-Alkalyn® is a very special, buffered form of creatine. This means that it is processed at a higher pH level than regular creatine. The higher the pH level, the less acidic the conditions. Buffering prevents creatine from breaking down to the byproduct creatinine. Creatine converts to creatinine at a higher rate when it's exposed to acidic conditions. This process is halted by pH level manipulation during the manufacturing process. Slowing or stopping the conversion of creatine to creatinine helps the body absorb more creatine.

When you take Kre-Alkalyn®, its buffered design allows more of the creatine to be absorbed into your system and for this absorption to take place much quicker and to last longer. But before we get even more into the superiority of Kre-Alkalyn® Buffered Creatine over regular creatine, let's revisit what creatine is

and why it is an essential part of any sports supplement stack.

Creatine — The Most Popular Sports Supplement Of All Time!

Creatine is the most popular sports nutrition supplement of all time. This title is well deserved. When creatine was first introduced in 1995, it changed the sports nutrition industry forever. For the first time bodybuilders, strength athletes and fitness-minded people had access to a nutritional supplement that produced immediate and dramatic effects.



When you take creatine monohydrate it causes your muscle cells to retain more water. It is important to note that this water retention is inner cellular. It is not water between the muscle and the skin, like when you are bloated. This is water retention inside the actual muscle cell, so when you take creatine it stretches out the skin and makes you appear tighter and harder – not water logged.

In addition to making you look harder and leaner, the volumized muscle cell also is stronger and creates more ATP energy. Bottom line – **the volumized muscle cells, attained from tak-**

ing creatine, have more strength, endurance and energy!

The results are dramatic. **Most people gain 5-10 lbs. of inner cellular muscle weight in the first week! When you take creatine, strength levels will dramatically increase as will muscle stamina and endurance.**

The Superiority Of Kre-Alkalyn® Buffered Creatine Over Regular Creatine

One indication of the superiority of Kre-Alkalyn® Buffered Creatine over regular creatine is the reduced dosage needed. You only need to mix 1.5 grams of Kre-Alkalyn® Creatine

With Kre-Alkalyn® buffered creatine you'll get more strength, more muscular size, more pumps, more muscular definition, more energy, better workouts and an overall increase in athletic performance.

with your workout drink, where regular creatine users need at least 5-10 grams daily.

The absorption rate of Kre-Alkalyn® Creatine is so high you just don't need to take very much to see amazing results! The House Of Muscle cherry flavored Kre-Alkalyn® Creatine Workout Drink comes with a scoop. You only need to mix 1 scoop (1 scoop = 1.5 grams) into approximately 8 fluid ounces of water and you have a great pre-, during and post workout drink.

Make The Switch To Kre-Alkalyn® Creatine!

Everything regular creatine is Kre-Al-

kalyn® Buffered Creatine is so much more! You take less and you get more results! A lot more! **More strength, more muscular size, more pumps, more muscular definition, more energy, better workouts and an overall increase in athletic performance.**

My Personal Experience With Creatine *(from Joel Sward, Founder and Owner of House Of Muscle)*

I was probably one of the first guys on the planet to take the micronutrient creatine monohydrate as a dietary supplement in the hopes it would volumize and strengthen my muscle cells and thus increase my athletic performance.

Back then, in 1995, the guys I lifted with and I just got the purest raw material creatine monohydrate we could get, mixed it with grape juice and drank it before, during and after our workouts. Grape juice has the highest amount of glucose of any natural food source. We wanted a lot of glucose to spike our blood sugar and increase our production of insulin, which helps shuttle creatine into muscle cells.

We took it because it worked. Plain and simple — creatine did, and still does, increase athletic performance. Word caught on and soon supplement companies started coming out with creatine-based supplements geared toward athletes and fitness-minded people who worked out.

Most of these supplements simply used the principle that taking creatine with glucose was better than taking creatine alone. Some companies stressed things such as different dosages based on your weight, or they came up with strategies for taking the product with “loading” and “maintenance” phases.

Other “creatine delivery systems” utilized different nutrients, like the

amino acid L-aurine to increase creatine uptake. I even remember one that lowered stomach acidity by including the herb ginger. Many of these supplements were and still are good products and they did help push the appeal of creatine to a more massive audience, but you could still get basically the same results with the creatine raw material and grape juice.

Major Advancement In Creatine Research

There was really no major advancement in creatine as a sports supplement until the last few years. Two concepts have come to the forefront: 1) ester delivery of creatine, and 2) a change in the manufacturing of creatine, which makes it less receptive to the damages of acidity. This is called buffered creatine. **Both are major advancements in creatine supplementation and when you take creatine in either of these structures you will be amazed at the difference. It's like night and day.** Remember, I love creatine. I think it is a great supplement. But, it really was truly amazing the first time I switched from regular creatine to buffered creatine. I have tried both ester-creatine and buffered creatine. (Buffered creatine is registered and trademarked under the name Kre-Alkalyn®.) I liked buffered creatine better. It just seemed to work better for me, but they are both good.

The first thing that amazed me about buffered creatine was the limited dosage required to get great results. I couldn't believe I only had to take 1.5 grams. It just didn't seem like it would be enough. But only after a few days of getting it into my system, I was absolutely amazed! **The pumps I am getting are awesome! My strength has shot up, my muscles are fuller, easier to pump up and I just feel big and strong.**

With buffered creatine you only need to take a small amount to see massive results. You don't have to “load” anymore or take a certain amount based on your body weight because these compounds are shuttling the maximum amount of creatine that the muscle cell can possibly hold. You don't even have to take it with a high glucose drink.

I'm proud to be able to offer you a product based on this incredible micronutrient. The House Of Muscle Kre-Alkalyn® Buffered Creatine workout drink is cherry flavored and calorie-free, It comes in a 65-serving tub with each serving containing 1.5 grams of 100% pure Kre-Alkalyn® Buffered Creatine.

Bottom line – The House Of Muscle Kre-Alkalyn® Buffered Creatine Workout Drink is the best workout drink you can possibly take before, during and after your workouts. Plus, it tastes great and is very affordable.

The time to order is now. Massive pumps, increased strength, extra endurance, and improved athletic performance await you. Get your House Of Muscle Kre-Alkalyn® Buffered Creatine Workout Drink today at finer retailers such as:

**HouseOfMuscle.com
&
SportsNutritionGlobal.com**

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