

# Creatine Monohydrate USP

**INCI Name: Creatine**

**CAS Numbers: 6020-87-7**

## Description:



Creatine is naturally produced in the human body from amino acids primarily in the kidney and liver. It is transported in the blood for use by muscles. Approximately 95% of the human body's total creatine is located in skeletal muscle. Creatine supplements are used by athletes, bodybuilders, wrestlers, sprinters, and others who wish to gain muscle mass, typically consuming 2 to 3 times the amount that could be obtained from a very-high-protein diet.

## Technical Data:

Item	Specification
Appearance	White crystalline powder
Clarity & color of solution	clear and colorless
Loss on drying	≤12.0%
Residue on Ignition	≤0.1%
Sulfate (SO <sub>4</sub> )	≤0.1%
Heavy metals	≤10 ppm
Iron	≤10 ppm
Arsenic	≤0.0001%
Creatinine	≤100 ppm
Particle size	≥70% through 200 mesh
Total Plate Count	≤1000cfu/g
E.Coli	negative
Mold and yeast	≤100cfu/g
Coliform Bacteria	≤10cfu/g
Salmonella	Negative
Bulk Density	≥430g/L
Tapped Density	≥550g/L
Assay	99.0% to 102.0%

## Applications:

In addition to improving athletic performance, creatine is used for congestive heart failure (CHF), depression, bipolar disorder, Parkinson's disease, diseases of the muscles and nerves, an eye disease called gyrate atrophy, and high cholesterol. It is also used to slow the worsening of ALS (Lou Gehrig's disease), rheumatoid arthritis, McArdle's disease, and for various muscular dystrophies.



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