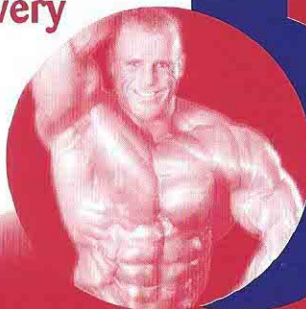




ALLSPORTS

CREATO LOAD ULTRA

The Ultimate
Creatine Delivery
System



www.allsports-int.co.uk

How to Use

CREATO LOAD ULTRA

You have just read about the technique of Amino Loading and the benefits of adding Creatine to produce Creato Load Ultra. Another great thing about it is that it is only necessary to use it when you either train or compete. You don't need it on rest days.

You can use it in the following ways:

- 1 This is the main way it is used. Don't eat any protein or carbohydrates for one and a half hours before training, completely exhaust your muscles during training and take Creato Load Ultra within 20 minutes of finishing. You'll experience an incredible feeling of well being while your exhausted muscles are being repaired and recovered. After an hour resume your normal eating pattern.
- 2 Use after either training or competing even without exhausting your muscles and you'll find it makes a brilliant recovery drink.
- 3 Use before workout/competition as a pre workout booster. If using this method just use half the drink and use the rest after you've finished for better recovery.

CREATO LOAD ULTRA will work the first time you use it and it will work every time. The more you use it, you will see improvements in your strength, stamina, recovery rate and physical development.

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Build more
muscle

Develop
greater
strength

CREATO LOAD ULTRA

Increase
your
endurance

Speed up
your
recovery



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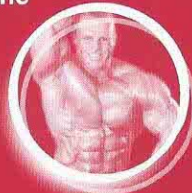
ULTRA



Improve your performance

Creato Load Ultra is the most versatile supplement available to any athlete interested in improving in any of the following areas:

strength,
physique,
endurance
or recovery.



It is such a versatile product, it can be used in different ways to suit you on the day.

It can be used before training as a brilliant pre-workout energy booster.

Or it can be used after workout as a fantastic recovery drink.

Or it can be used as the world's best muscle loading supplement for those spectacular gains dreams are made of.

It is based on a technique pioneered by Allsports called Amino Loading.

Amino Loading

Allsports pioneered the technique of Amino Loading in the mid 1980's and in fact produced our best selling Amino Load for this purpose.

Imagine your muscle being like a sponge, but instead of it being full of water, it is full of 'muscle sugar' or glycogen.

Glycogen is made by the body from simple and complex carbohydrates.

Creato Load Ultra is totally drug free

When you exercise that muscle to exhaustion, as you do during training or in a race or in any competition, you deplete that muscle of its glycogen, just like squeezing water out of a sponge. You also break down that muscle tissue.

So when you have finished exercising, what is the first thing those tired muscles crave?

You've guessed, they crave water, glycogen and amino acids.

So when you take a drink containing these ingredients, its like dipping your sponge into a bucket of water.

The water, carbohydrates and muscle repairing amino's head straight for the hungry muscle and start to do their job.

It's so simple but incredibly effective.

Scientists have proven that mixing carbohydrates with amino acids helps the body to retain protein longer and that mixing the two has a better effect on muscle retention than by using them alone.

The carbohydrates escort the amino's into the muscle.

It is also important that the amino's are in free form or hydrolysate form for rapid absorption. Intact or whole proteins will not do the job.

Now we come to the third important part of the formula - Creatine Monohydrate.

Creatine is one of the most significant discoveries in modern sports supplement history. It is so significant that many people tried to get the International Olympic Committee to ban it. However the IOC took the sensible approach and approved it because it is a naturally occurring substance found in big amounts in the human food chain...

Creatine, like amino loading, also improves athletic performance, aids recovery and helps build lean muscle tissue.

It is produced routinely in the kidneys and liver.

Recent scientific studies have shown that supplementation with Creatine Monohydrate significantly improves performance in high intensity exercise and that it enhances muscle power output.

In other words creatine supplementation should be of great benefit to strength athletes and any sportsperson whose discipline involves work consisting of short bursts of high intensity.

It also delays the onset of fatigue.

Works better the more tired the muscle

Now the really interesting bit is that exercised muscle absorbs Creatine better than non exercised muscle.

Also Creatine is better absorbed when taken with carbohydrates. The results are even better when it is combined with L-Glutamine, Taurine and Alpha Lipoic Acid. Couple this with Allsports unique free form amino acid blend and Whey Protein Hydrolysate to get Creato Load Ultra and you'll experience staggering results.

The overall benefits of Creato Load Ultra are thus much greater than the sum of the individual parts.

The other important fact is that the more exhausted the muscles the better Creato Load Ultra works.