

TREND CHECK



KREATIN



Die körpereigene Substanz hilft bei der schnellen Energieversorgung und ist beliebt im Kraftsport.

A man with a beard and short brown hair, wearing a light-colored shirt with a brown and orange floral pattern, is sitting in a lush, green indoor garden. He is smiling slightly and looking towards the camera. The background is filled with various green plants, including large leaves and hanging vines. The scene is brightly lit, suggesting a sunny day. The image is framed by a large, semi-transparent circular graphic that is part of a larger design with a light gray background and a faint grid pattern. There are two solid green circles: one in the top right corner and one in the bottom left corner.

Studien belegen zudem positive Effekte für Regeneration, Leistungsfähigkeit und mentale Energie.



Worauf sollte man achten?

**Gute Qualität, die richtige Dosierung
und die ärztliche Absprache bei
Vorerkrankungen.**

