

Sports nutrition has been a focus for AlzChem Performance nutrition for many years and Creapure® is recognized as the premium brand of creatine worldwide. Careful selection of raw materials, manufacturing to GMP regulations, and precise analytical control ensure products of the highest purity.

## Creapure®: a source of pure creatine

Creapure® is the brand of creatine monohydrate manufactured in Germany by AlzChem AG. Our plant is located in Trostberg in Bavaria. We make Creapure® in a purpose-built plant that sets the highest standards in terms of quality, purity and safety.

Creapure® is an economical form of supplementary creatine. Compared to other types of creatine it has received by far the greatest amount of scientific study and is proven to be both safe and effective.

Not all creatine supplements have the same stringent manufacturing standards as Creapure® (see the following sections).

With genuine Creapure® from Germany you can be absolutely sure that you are getting the best and the safest product.

## How we make Creapure®

At AlzChem AG we take great care to ensure the purity and safety of all our products, including Creapure®.

We follow stringent standards and practices from the pharmaceutical and food industries. These include Good Manufacturing Practice (GMP), which ensures the quality of the manufacturing process in general; Hazard Analysis and Critical Control Points (HACCP), geared towards identifying and eliminating sources of contamination or process upsets; and a purpose-built plant to eliminate risks of cross-contamination with other products.

From receipt of raw materials, the Creapure® production line is completely sealed as far downstream as the packaging stage, which takes place in a dedicated chamber with special precautions.

Every product lot is analyzed in depth using high-performance liquid chromatography (HPLC) and other analytical techniques before it is released for shipping. The result is a product of consistently high purity that is fully traceable.



**Creapure® is  
made in  
Germany**



**Creapure® is  
manufactured to  
the highest  
standards**



## Quality and purity of Creapure®

When buying creatine it is important to know how it was manufactured and to be sure that it is pure. There are several ways to manufacture creatine commercially.

AlzChem AG uses a process starting from sarcosinate and cyanamide. Although this is generally considered the best and safest route, creatine produced in this way can still contain two unwanted byproducts: dicyandiamide (DCD) and dihydrotriazine (DHT). Pure creatine should contain no more than a few tens of parts per million (ppm) of DCD and no detectable DHT, which is potentially harmful.

Another common manufacturing route uses sarcosine and S-methylthiourea as raw materials. Contaminants in creatine made by this way can include methanethiol (methyl mercaptan), thiourea and dimethyl sulfate, all of which are toxic.

Breakdown of creatine during manufacture or storage can produce creatinine. Levels above one percent have been measured in some commercial creatine samples. Creatinine is not dangerous but offers no performance benefit and indicates sloppy manufacturing. Some analyses of commercial creatine have reported high levels of other contaminants. As well as those mentioned above, dietary supplements in general sometimes contain steroids, recreational drugs, and other banned substances, introduced either deliberately or accidentally. Every single lot of Creapure® is rigorously tested for purity before it leaves the factory. Creapure® is on the Cologne List®, meaning that it is periodically tested by Germany's Olympic Centre Rhineland for contamination with steroids or stimulants.

## Purchasing recommendations

At AlzChem we don't manufacture products for sale direct to the public. Instead, we prefer to channel our creativity and experience into making world-class ingredients for our specialist partner companies to use. Key among these ingredients is our creatine monohydrate, supplied under the Creapure® brand name. Well-known manufacturers in the sports nutrition industry use Creapure® and other high-quality ingredients from AlzChem to create the supplements you can buy in the shops and by mail order. Companies who sign a trademark license agreement with us are allowed to use the Creapure® brand on their labels as a seal of quality. If you see Creapure® on the label, you can be sure that you are buying high-quality creatine – pure, safe, and made in Germany. It costs a fraction more than budget creatine, and the difference is worth it.



**Creapure® is subject to strict quality control**



**The Creapure® logo as a seal of quality**

