Creative Enzymes®

Creatine monohydrate

Cat. No. COEC-096

Lot. No. (See product label)

Introduction

Description	Creatine is a nitrogenous compound that acts as a high-energy reservoir for the rapid regeneration of ATP. Approximately 95% of creatine is found in skeletal muscle, primarily as phosphocreatine. Creatine can be acquired through dietary consumption or formed from L-arginine, glycine, and L-methionine in a multi-step reaction that occurs in the kidneys and liver. Creatine is then transported to muscle tissue. Creatine is also being investigated as a treatment of neuromuscular diseases, where it may aid in neuroprotection and by improving the cellular bioenergetic state.
Applications	involved with rapid ATP production primarily in skeletal muscle tissue via the action of creatine kinase(s)
Synonyms	N-Amidinosarcosine monohydrate

Product Information

Form	Solid
CAS No.	6020-87-7
Molecular Formula	C4H9N3O2•H2O
Molecular Weight	149.15
Melting Point	292° C
Solubility	Soluble in water (50 mg/ml). Insoluble in ether.