
Help with Muscle Recovery and Growth

Posted by glenn - 2008/07/09 13:17

We are pleased to bring you our latest series of reviews on the popular supplement Creatine.

Whether you are looking for muscle mass, leaning out, recovery times or just weight loss. You want to read these two articles.

Introduction to the benefits of Creatine

Creatine Monohydrate and Your Muscle

Re:Help with Muscle Recovery and Growth

Posted by he4dhuntr - 2008/07/09 13:50

Very interesting and informative articles. Definitely a good read for anyone with questions about creatine and it's effects.

Re:Help with Muscle Recovery and Growth

Posted by Les - 2008/07/09 19:23

Thanks Glenn
