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THURSDAY, JULY 18, 2013

BODYBUILDING SUPPLEMENT REVIEW: CON-CRET CREATINE



Summary: 3.5 out of 5 stars

Observations: Muscles seemed fuller than with some other creatine

Negatives: Sour taste. I experienced a lot of gas

Would I recommend it? Ehhhhh maybe

So it's been a really long time since we've actually blogged about any bodybuilding supplements, but we've started branching out and exploring some new supplements lately so we thought we thought we may as well tell you guys about. A couple of months back I decided to try "Con Cret" which is a micronised creatine by ProMera Sports... think Supplement Warehouse had a two for one deal or something, so I figured why not. I like the idea of supplements that are so concentrated that you don't need a lot of it.

First observation is that it comes in this small little bottle, which is definitely different to the large tubs of creatine I'm used to, but once again happy about.... I start to lose counter space with all these supplements I like to try from time to time. When opening the bottle, you notice that its only filled up about half the way with product, which always annoys me, why not just make a smaller bottle and fit it to the top or close to it?



I order the "unflavored" kind, because I like to mix my creatine with my pre-workout and dont like ti get the tastes

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all funky. At first I decided to mix it with some plain water to see how it mixed. As you can see from the glass below, it mixes really well, almost instantly, which is always a huge plus. But for it being so-called "unflavored" is another story. While they haven't added any flavor to it, it has the strongest sour taste I think I've ever tasted in a supplement before, which really made my face and lips tighten up with a "Oh my god" reaction. So I would definitely recommend mixing it in with something else.



So I tried this creatine for about a month, and I must say I noticed my muscles looking slightly more fuller than usual. The only issue I had was that it gave me the worst gas ever. It would hit me everyday and the smell was something I just couldn't put up with. It was the deal breaker for me. I finished my first bottle and gave the second one to a friend.

Would I recommend it? I would probably recommend people try it to see if they encountered the same gas problems that I did. If they don't experience it, then it's probably a decent product if you are looking for creatine to help fill out your muscles.

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