

Change in Recipes for Medicine Creatine.

If you go in Kingdom: "The Netherlands," To national beloved drugstore with chamber of commerce name: "HEMA," And read the recipe feed & Sport supplement: "Creatine," there stand after Use: "in first week time period (=Build Up Phase):

"20gram every 24 hours (= 8 Teaspoons)",

And after take: "Creatine" in: "12 hours no hot drinking and eating."

After 7 Days 20 gram portion &

Start the 8 day taking in: "Creatine," with weight 5 gram (2 Teaspoons) &

And after take: "Creatine" in: "12 hours no hot drinking and eating."

If you do so as recipe so as stand here above you have the guaranty* that your Muscle BMI Will Not Shrink.

*(Without any kind of illness that build down Your Muscle BMI).

In The Dutch Citizens Bible: "The Almanac," stands the advise to eat the same Volume as your Fist The same Volume Potatoes this measurement with equal volume is based on the amount of: "Creatine," but the Na (Sodium) Variant: "Creatine" inside the 10 minutes standard Boiling at H²O Temperature of 100° Celsius is less then 5 gram.

Redeployment of tactic written in: The Dutch Citizens Bible: "The Almanac"," is as follows:

Do the measurement and calculate out the Volume of your Fist And take every 24 hours same Volume:

"Potato Starch"* Powder Inclusive the in potato starch powder box amount of water to mix the powder with.

* Latin's vocabulary (Capsicum annum amuli)