

Creatine and magnesium:

The body's most powerful pairing for proven performance.



Use:

Muscle power and athletic performance



Applications:

Trending sports performance products, including tablets, powder mixes, and bars

In sport and in life, the right partnership changes the game.

Creatine MagnaPower® unites the powerful pairing of creatine and magnesium in a clinically proven formulation designed to support strength, power and high-intensity performance.

Harnessing two superstars of nutrition

2 of the top **3**

Most popular ingredients for sports supplements in 2025.¹

\$2.2 billion

Global **creatine** supplement market by 2035, growing at 13% CAGR.²

17.2%

YoY increase in google searches for **creatine** 2023-2025.³

46.6%

YoY increase in TikTok views for **magnesium** 2023-2025.³

Both creatine and magnesium are individually surrounded by significant buzz in the active nutrition market.

But did you know these nutrients are part of the same energy system in the body?

Creatine MagnaPower® harnesses this connection, bringing these nutrients together in a synergistic stack to give active nutrition solutions a genuine competitive edge.



Two nutrients. One energy system.
Endless performance potential.

The moments that define performance are brief, explosive and demanding. When muscles need energy fast, creatine and magnesium work hand-in-hand to fuel the rapid regeneration of ATP (the body's energy currency) that powers every lift, rep and sprint.^{6,7,8,9}

Creatine MagnaPower® is a unique compound of creatine, magnesium citrate and magnesium phosphate, providing both the creatine and magnesium to support these reactions.

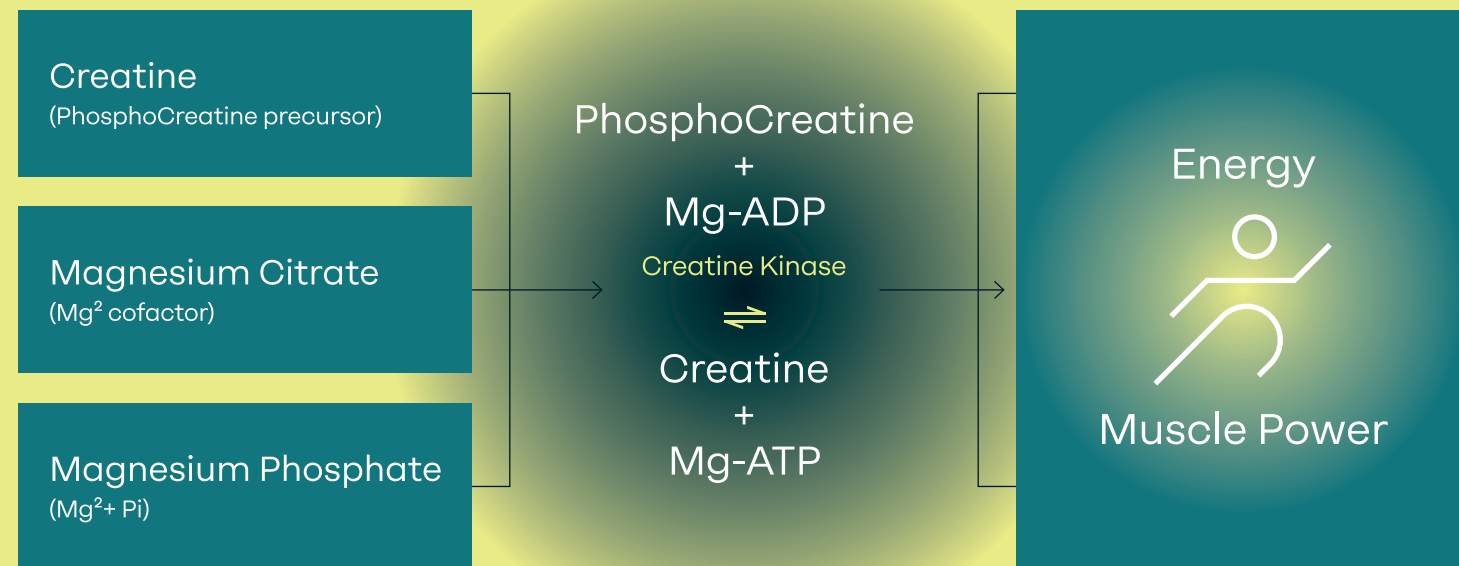
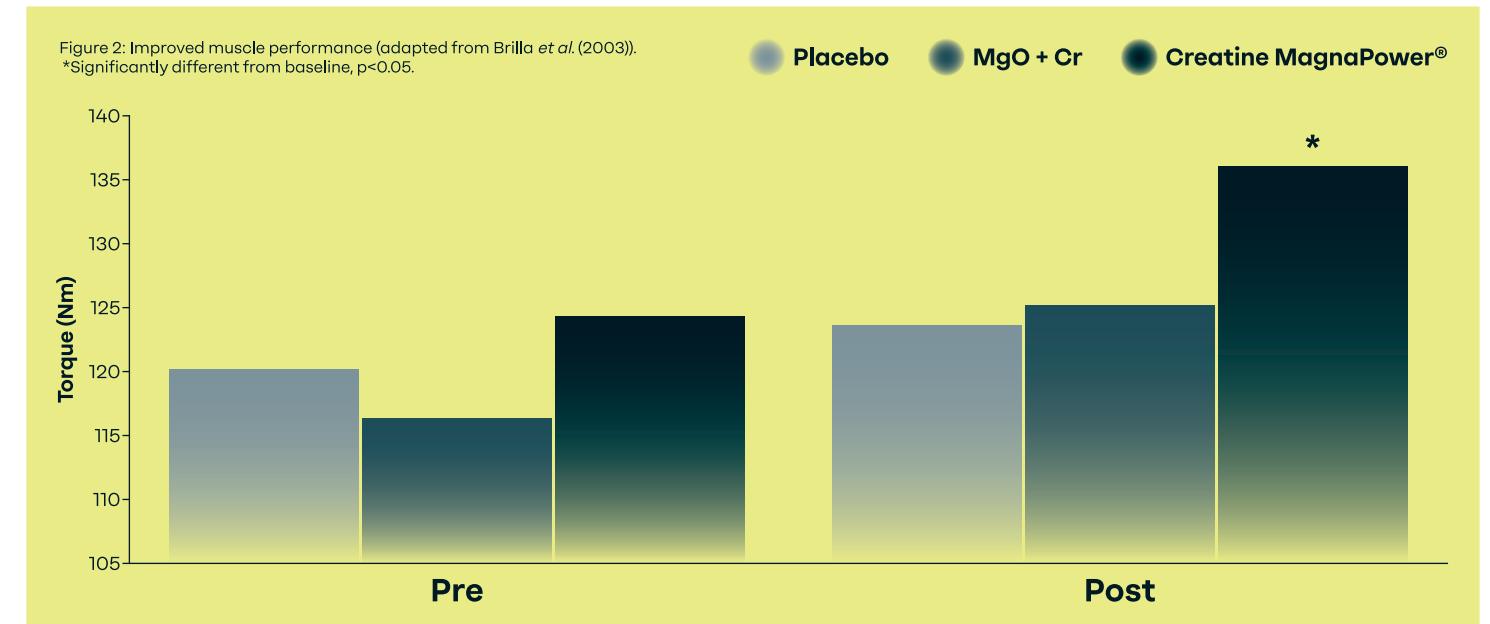
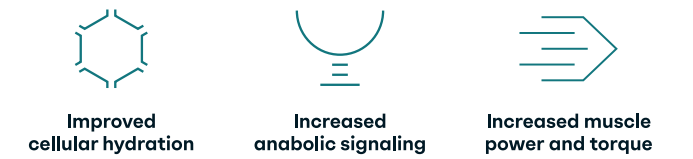


Figure 1: Rapid ATP Regeneration

Creatine MagnaPower®: Clinically proven performance formulation.

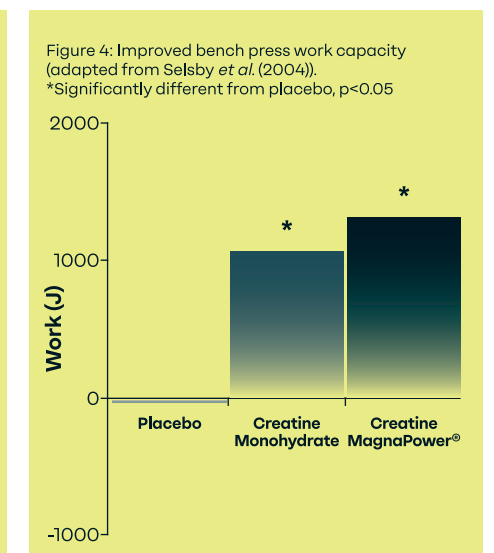
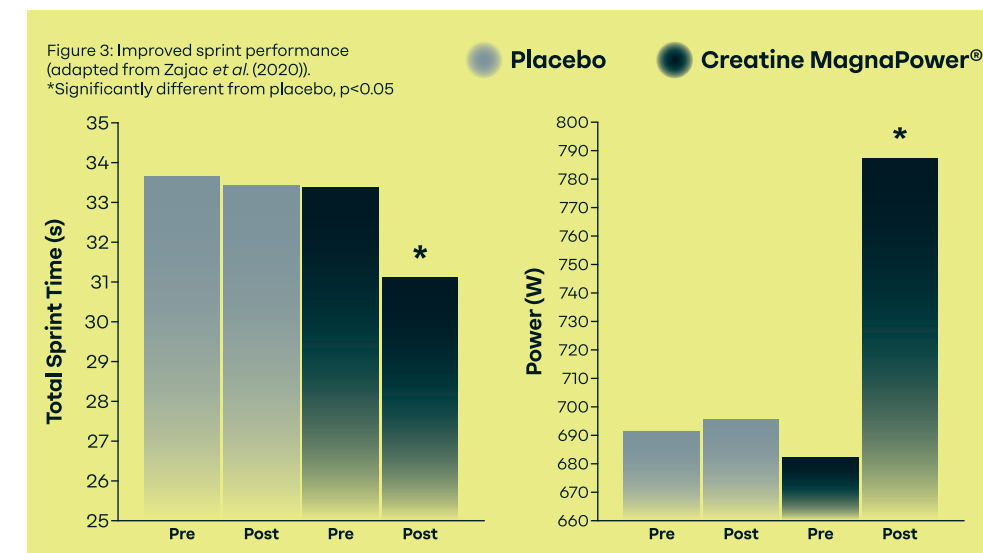
Improves muscle performance

A placebo-controlled clinical trial found that two weeks of Creatine MagnaPower® supplementation (5.8 g/day) delivered muscular performance benefits greater than placebo or creatine monohydrate and magnesium separately.⁴



Enhances exercise performance

A recent clinical trial study showed that 16 weeks of supplementation with Creatine MagnaPower® (5.5 g/day) improved the sprint performance in elite football players compared to placebo (Fig.3).¹⁰ A previous placebo-controlled trial in weight-trained individuals found that 10 days of supplementation with Creatine MagnaPower® (2.5 g/day) improved bench press work capacity compared to placebo (Fig.4).¹¹



Some
partnerships
**redefine
performance.**



Ready to take your active
nutrition solutions to another level?



**Get in touch to learn more about
Creatine MagnaPower®.**

References

1) Innova Market Insights (2025). 2) Future Market Insights (2025). 3) Spate (2025). 4) Brilla, L. R., et al. (2003). 5) Ates, M., et al. (2019). 6) Cutiérrez-Hellín, J., et al. (2025). 7) Office of Dietary Supplements. Magnesium – Fact Sheet for Health Professionals (January 6, 2026). 8) Candow, D. G., et al. (2025). 9) Zhang, Y., et al. (2017). 10) Zajac, A., et al. (2020). 11) Selsby, J. T., et al. (2004).

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