

Abstract

Creatine pyruvates are described which have the general formula (I)

$$5 \quad (\text{creatine})_x(\text{pyruvate})_y(\text{H}_2\text{O})_n \quad (I)$$

where $x = 1$ to 100
 $y = 1$ to 10 and
 $n = 0$ to 10

These creatine pyruvates, which are produced by way of the relatively simple reaction of creatine with pyruvic acid, can be used to enhance long-term performance and strength in the field of sport, to reduce weight and body fat in the field of health, to treat oxygen-deficiency conditions (ischemia), obesity and overweight, as a food supplement and as a scavenger for free radicals. .

In my capacity of public translator for the English language, duly commissioned and sworn in by the President of the Regional Court of Ingolstadt, Bavaria, I hereby certify that:

the translation hereinbefore of the German-language copy submitted to me is exact and complete.

Steinkirchen, 21st October, 1998

