High load creatine gummies

by using H&F Pectin Amid CS 025-B

The global market for creatine as a dietary supplement is developing rapidly and with it, the demand for alternatives to creatine powders. Creatine gummies are at the forefront when it comes to innovation and consumer friendliness. But how do you ensure a high creatine dosage without compromising on texture?

The answer: H&F Pectin Amid CS 025-B. This H&F Pectin is especially suitable for the production of functional gummies, including those with sensitive active ingredients such as creatine. With high-dose creatine gummies, the challenge lies in the conversion of creatine to creatinine, while at the same time ensuring optimum firmness. This transformation occurs most readily at low pH values and high temperatures. H&F Pectin Amid CS 025-B gels optimally in the pH range of 4.1 – 4.5, whereas conventional confectionery pectins require a lower pH value of 3.2 – 3.5. This makes H&F Pectin Amid CS 025-B particularly suitable for the production of high-dose and tasty creatine gummies.

Advantages of Pectin Amid CS 025-B

- Easy to use, plant based gelling system
- Multifunctional buffer system
- No additional buffers, like added sodium citrate, required
- For heat-stable gummies (don't melt at higher temperatures)

Benefits of a gelation at higher pH levels:

- Reduces creatine to creatinine conversion
- Gummies taste better, because less to no citric acid is needed for higher creatine loads
- Wide flavor portfolio can be applied (fruity to more neutral flavors)

Advantages of creatine

- Support for muscle development
- Faster regeneration after training
- Performance improvement
- Supports mental health

We would be happy to advise you on individual product solutions!
Contact: usa@herbstreith-fox.com

10 / 2025

Herbstreith & Fox Inc. 570 Taxter Road | Elmsford, NY 10523 | USA
Phone: +1-914-345-9501 | Fax: +1-914-345-0919 | usa@herbstreith-fox.com
www.usa.h-f.group

H&F GROUP
Inspired by nature.