

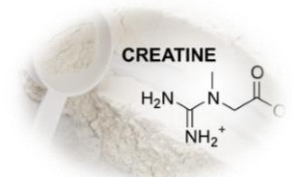
Creatine 101

What is Creatine?

- Creatine is an amino acid-like compound that is produced by the body and is also found in animal-based foods (e.g., meat, fish, eggs, etc.).
- Creatine is primarily stored in muscle tissue and is used to produce cellular energy during high-intensity activities. We metabolize/breakdown 1-2 % of creatine stores on a daily basis.

How does creatine “work”?

- By supplementing creatine, it can increase the amount of creatine stored in muscle:
 - Helps to enhance the ability to produce cellular energy
 - Delays the onset of fatigue during intense activities (i.e., improve muscular endurance).
- Over time, additional creatine stores in the muscle can help improve training capacity:
 - Increase the number of repetitions completed during strength training activities
 - Improve recovery in between high-intensity sprints or sports activities (i.e. quicker recovery in between plays during football or between shifts in ice hockey).
- If training volume/intensity/work improves -> this should equate to greater improvements in muscle size, strength, power, and muscular endurance over time. (NEED TO PUT IN THE WORK THOUGH!!!).



Is it safe?

- Yes, research has consistently shown that creatine supplementation is safe and does not harm the kidneys or bones, nor does it increase the risk of muscle cramps, bloating, or other GI-symptoms.
- Creatine supplementation has even achieved “Generally Recognized as Safe” (GRAS) status on behalf of the FDA in the United States.
 - Deeming it safe for human consumption

How much should I take?

- 3-5 grams per day is sufficient for most people as a daily maintenance dose.
- A short-term (5-7 days) loading dose (of 20 grams per day) can maximize creatine stores in the muscle more quickly... if desired.
- No need to cycle on or off.

Which kind of creatine should I take?

- **Creatine monohydrate** has been studied the most and consistently been shown to be safe and beneficial.
- Make sure to select creatine from a brand/manufacture that has undergone third-party testing and has their “seal of approval”

