

Creatine

The Safe Way to Build Muscle and Improve Athletic Performance

What Is Creatine?

Made in the liver from 2 amino acids, creatine is called “a nonessential dietary element”¹ that is also found in high abundance in meat and fish. After being made in the liver, creatine is then taken to every cell to help make energy.

It is creatine’s energy-making ability that has led to it being regarded as “the single most effective dietary supplement for enhancing gains in anaerobic performance as well as increasing lean body mass and muscle fiber size”.²

Does Creatine Increase Strength?

Research has been overwhelmingly positive showing creatine to increase not only strength³ but to increase athletic performance in track sprinters,⁴ cyclists,⁴ and swimmers.⁵ It’s even been found to help prevent injury in athletes.⁶

How Do I Take Creatine?

You can take creatine as either a powder or a tablet. For creatine to work, you need to take it in 2 phases:²

- ✓ ‘Loading Phase’
 - First 5 days of supplementation
 - 5 grams of creatine 4 times per day
- ✓ ‘Maintenance Phase’
 - Starts 1st day after ‘Loading Phase’
 - 5 grams of creatine 2 times per day



The natural way for you to improve both strength and athletic performance.

Are There Any Side Effects of Creatine?

Although dehydration is the most common side effect from creatine supplementation,⁶ research has also found no problems regarding either kidney or liver function over the short term but long-term effects have yet to be done.⁸

Reference:

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