

CREATINE

ESTABLISHED PERFORMANCE SUPPLEMENT



Performance impact

Increase in muscle creatine stores, PCr resynthesis rate, muscle storage of glycogen & water. Of interest for sprints, sustained sprints, jumps, throws, multievents & endurance events,



Chronic Effects

Greater gains in lean mass, muscular strength & power in response to resistance training



Protocol of Use

Loading Phase

~20g/day (in 4 equal doses), for 5-7 days.

Maintenance Phase

3-5g/day (single dose)

Creatine uptake may be enhanced by concurrent consumption with a mixed protein/CHO source



Potential Side Effects

No negative health effects are noted with long-term use (up to 4 years) when appropriate loading protocols are followed. A potential 1-2kg increase in body mass after creatine loading may be detrimental for performance in endurance events, high jump or pole vault



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