



A French scientist first discovered creatine in 1832, but it was not until 1923 that scientists discovered that over 95% of creatine is stored in muscle tissue. The first published report of creatine having bodybuilding effects was The Journal of Biological Chemistry in, get this, 1926! Although we've known about creatine for quite some time, the first real use of it to enhance performance was the 1992 Olympic games in Barcelona, Spain.

WHAT IS CREATINE

Creatine is a legal supplement that is readily available at just about every online supplement store. Some people reported minor side effects when taking creatine. These side effects are rarely noticed by most, and many people don't have any problems at all.

Creatine is also found naturally in our body as well as in certain foods. However, cooking food destroys most of the creatine in it. Therefore, a supplement is needed. The creatine found in our body is primarily found (roughly 90%) in our muscles. Creatine can be produced in smaller amounts by our liver and kidneys from amino acids. Creatine can also help increase protein synthesis which helps muscles grow.

Creatine helps produce energy which is vital in strenuous workouts. Creatine in the body increases the production of ATP (adenosine triphosphate) - which is a source of energy the body uses (particularly in the muscles) during short bursts of energy.

Creatine will not be an effective supplement for endurance athletes as they use a completely different energy system than when doing quick, rapid movements. This is why you should stack Creatine with a Nitric Oxide supplement, like [Force Factor](#). Creatine also helps pull water into the muscle, giving them a fuller appearance.



What Forms Of Creatine Are Available?

- Creatine Monohydrate
- Micronized Creatine
- Effervescent Creatine
- Liquid Creatine
- Creatine With Glutamine
- Creatine Ethyl Ester (CEE)
- Creatine Capsules
- Creatine With Sugars
- Creatine With Protein
- Kre-Alkalyn

With so many forms out there, I recommend starting off with creatine Monohydrate, the most popular form, to see how your body reacts to it. Some people react very well with monohydrate while others are non-responders and need to supplement with another form.

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Creatine monohydrate is the most cost effective form of creatine if you are a responder. There are also many types of the supplement that you can try - powders, pills, capsules, liquid.

THE EFFECTS OF CREATINE

Over the last two decades, creatine has emerged as the king of all athletic performance supplements. Creatine intake heightens your body's creatine phosphate energy system. This allows you to push yourself for longer periods of time, with more energy. Creatine also improves your ability to tap into explosive energy when you need it as critical times in your training.

Studies Have Shown That Creatine Increases:

- Lean body mass
- Muscle hypertrophy (growth)
- Strength
- Maximum weight lifted in one repetition (1RM)
- Power output
- Sprint time
- Agility
- Vertical jump distance

- Maximal power
- Repeated sprints

Who Can Benefit From Creatine?

Creatine has been used for some time by athletes to help improve their sports performance. If you are involved in a sport that uses repeated, short bursts of energy, such as weight lifting or team sports you are likely to benefit from creatine. There is little evidence to suggest creatine supplementation will improve endurance performance.

Creatine Has Shown To Significantly Improve Performance In:

- Weight Training
- Football
- Power Lifting
- Lacrosse
- Basketball
- Baseball
- Cycling
- Sprinting

CREATINE AND PERFORMANCE

Creatine has several proposed mechanisms to **improve performance**:

Providing Energy

Creatine helps provide the energy our muscles need to move, particularly quick and explosive movements. Muscle contraction is initially fuelled by ATP (adenosine-triphosphate).

There is only enough ATP to provide energy for approximately 10 seconds. For this energy system to continue, more ATP is required. Creatine phosphate gives up its phosphate molecule to ADP (adenosine-diphosphate), thus recreating ATP. Increasing the muscle's supply of creatine phosphate helps increase the rate in which the body can supply ATP.

Adenosine tri-phosphate (ATP) provides the energy your muscle needs to contract. ATP stores are limited and during high intensity exercise becomes depleted after 10 seconds. Phosphocreatine (PC) rebuilds ATP in the muscle to provide a sustained energy release for movement. Creatine supplementation increases your muscles PC levels increasing the length of time you can maintain high intensity exercise.

Reducing Fatigue

The duration of high intensity exercise is limited due to reactions within the muscle causing fatigue. The buildup of acid prevents further muscular contractions and exercise intensity is reduced. High PC levels reduce the formation of lactic acid therefore delaying fatigue so you can maintain high intensity exercise for longer.

Muscle Building

Creatine supplementation causes muscle cells to swell with water. This swelling leads to better muscle feel – or pumps. In turn, muscle swelling also encourages the cell to increase production of vital structural and enzymatic proteins. Simply put, not only does creatine enlarge a cell, but it also strengthens a cell. This volume of muscle cells leads to an overall increase in lean muscle mass.

Creatine Supplementation Also Boosts Muscle Growth And Repair By:

- Working as an antioxidant, creatine works to remove harmful free radicals, strengthening muscle cell membranes, and allowing muscle cells to repair and grow more efficiently.
- Creatine works to buffer muscle acidity. Without proper PH balance, a muscle will fatigue more easily.
- Creatine assists in regulating proper calcium levels within muscle tissue, which allows for proper contractions.

HOW TO USE CREATINE

For best results, on training days, take creatine after your workout. It will not make you nauseous and is best taken at this time in order to replenish lost stores. If you wish to take more on a training day (i.e 10 grams), then take half pre-workout and remaining half post-workout.

Always Follow The Product Instructions! Guideline Dosages Are As Follows:

- Less than or equal to 140lbs = 5-6grams per day is maintenance
- 141lbs to 168lbs = 6-7.5 grams per day is maintenance
- 169lbs to 199lbs = 8 grams per day is maintenance
- 200lbs to 242lbs = 8-10 grams per day is maintenance
- 242lb+ = 10-12 grams per day

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