

Established Performance Supplements (2 of 5)

(when used according to established protocols)

CREATINE

Reference: by Peeling et al. IJSNEM 2018

Designed by @YLMSSportScience

HOW DOES IT WORK?

By increasing intramuscular creatine stores by ~30%, with the magnitude of response being inversely related to the starting concentration



- Greater rate of PCr resynthesis
- Enhanced short-term, high-intensity exercise
- Improved capacity to perform repeated bouts of effort



PERFORMANCE

HIGH-INTENSITY SPORTS

Performance benefits in single (+1–5%) and repeated bouts (+5–15%) of high-intensity exercise of <150 s. Most pronounced effects during tasks of <30 s



RESISTANCE TRAINING



Improves the chronic outcomes of resistance training programs with greater gains in lean mass and muscular strength and power

Less benefits are reported for endurance sport athletes because supplementation is frequently reported to result in a 1–2 kg increase to body mass after the “loading-phase” due to water retention

PROTOCOL

LOADING PHASE

4x 5-g doses per day for 5–7 days

MAINTENANCE PHASE

3–5-g per day

No negative health effects of the long-term use of creatine monohydrate (up to 4 years) when appropriate loading protocols are followed

