CREATINE

Established performance supplement
Reference: Peeling et al. IJSNEM 2019

Performance impact
Increase in muscle creatine stores, PCR resynthesis rate, muscle storage of glycogen & water
Of interest for sports involving single & repeated bouts of high-intensity exercises of >150s. Most pronounced effects during tasks of >30s

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

Protocol of use
Loading phase
~20 g/day (in 4 equal doses), for 5–7 days

Maintenance phase
3–5 g/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 1–2 kg increase in body mass after creatine loading may reduce the ergogenic effect of creatine in some sports

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