Caffeine, but Not Creatine, Improves Anaerobic Power Without Altering Anaerobic Capacity in Healthy Men During a Wingate Anaerobic Test

METHODS
12 Creatine Group
(5 days of 20g.d⁻¹ of creatine)
12 Control Group
(5 days of 20g.d⁻¹ of maltodextrin)

WINGATE ANAEROBIC TEST
30-s all-out after caffeine or placebo ingestion

OUTCOME
Higher peak power with caffeine during a Wingate test

CONCLUSION
CAF, but not CRE ingestion, increases anaerobic power during a Wingate anaerobic test. However, CAF and CRE have no effect on anaerobic capacity during a Wingate anaerobic test.