

CREATINE MONOHYDRATE

Within the last two decades creatine monohydrate has arguably been the most researched supplement on the market. Creatine is responsible for high intensity muscle contractions, making it one of the most important sources of energy for power sports and intense athletic training. Only a small portion of our creatine phosphate stores are synthesized in the body. The rest comes from our diet of protein rich foods, specifically red meat. Scientists found that even protein rich foods only contain small amounts of creatine phosphate

They've studied further to see if creatine supplementation had the ability to enhance high-intensity muscle performance if more of this energy source was stored in the muscles. It was quickly found that creatine monohydrate increased creatine phosphate stores in the muscles far beyond the levels that can be reached through a daily diet.

If you decide to supplement with creatine, here are recommended suggestions:

- Use regular Creatine Monohydrate with no extra ingredients or fillers (like PowerStrength Creatine Monohydrate)
- Take 5 grams per day – on both training and non-training days. Timing doesn't matter too much, but if it's easier for your routine, consume with your post-workout shake (or in the morning on non-training days)
- No need to do a 'loading phase' when starting out
- No need to 'cycle on or off', you can use creatine year-round

There has been concern of negative side effects associated with creatine supplementation such as muscle cramping, altered liver and kidney function, and an increased risk of muscle strains. Take note that formal scientific studies have found these claims to be unsupported by any scientific evidence, with the only real side effect being muscle weight gain due to increased water storage. It has also been concluded that long-term creatine supplementation is safe in populations ranging from teen athletes to 80+ year old Alzheimer's patients.

