

# The Truth about Creatine

Aiden Payne

# What is Creatine

- Creatine is not a steroid it is a supplement
- Supplements are concentrated versions of naturally occurring nutrients like: protein, creatine, carbs etc...
- Creatine helps your muscles produce more ATP during high intensity workouts - essentially energy at the cellular level
- Creatine is an amino acid already found in your body primarily in your muscles - creatine is natural
- Creatine is also found in common meats

# Why you should take creatine

- Creatine is extremely beneficial for anyone who does high intensity training or sports therefore any people who engage in these activities should take creatine if they want the highest rewards for their work
- Creatine allows your muscles to have more energy during exercising which leads to more reps which leads to being stronger
- Number one researched supplement with over 500 studies done
- Taking creatine powder is the most effective way to consume creatine - while creatine is found in red meat one 5g scoop of creatine can equal up to 3 pounds of red meat
- Effective in calories as 3 pounds of red meat = 3000 calories
- Some studies have shown creatine to help with mental health and cognition
- Single most effective supplement for adding muscle mass

# The downsides of taking creatine

- While there little to no negatives of taking creatine in mass quantities there are certain side effects which can lead to the possibility of these listed:
- **Hair loss:** a study in 2013 showed that creatine can increase DHT(dihydrotestosterone). while creatine itself does not cause hair loss DHT can cause the hair follicles to shrink but only when DHT raises in excessive amounts. Also hair loss with creatine is primarily reliant upon genetics and whether or not the moms side has hair loss or balding early and especially alopecia.
- **Kidney and gastrointestinal issues:** while no studies have shown creatine to cause kidney issues and gastrointestinal issues people have experience them. This is typically due to our body getting used to taking such a high quantity of creatine so sudden. These effects are rare and won't affect people if they drink enough water and take the proper amount of creatine daily.
- Sidenote: the raising of DHT occurs already when we go to the gym or engage in high intensity activities of up to 30%

# What creatine should you buy?

- **Creatine monohydrate** - but why?
- There are many types of creatine on the market and they all do pretty much the same thing
- Creatine monohydrate is the most researched out of all of the other options and it doesn't have any additives.
- Creatine is also the least expensive form as other types of creatine can be up to 100 dollars because of its "premium quality" or the added electrolytes and sodium
- When buying creatine always do research on the company and see if they get their supplements tested by third parties. Also watching reviews can help as well. But mostly the brand is personal preference.

# How you should take creatine

- When starting to take creatine it is important how much you take per day and the most effective way to build muscle the fastest and also keep the cost down.
- **Loading phase** - the loading phase is the first 5-7 days when first taking creatine. During this time you should take 15 - 20 grams per day so that your muscles will become fully saturated with creatine and ready to go.
- **Maintenance phase** - for the remainder of your time taking creatine you should take 5 grams daily in order to maintain the levels of creatine in your body.
- Sidenote - Always take with a drink and don't dry scoop

## In conclusion

Creatine is the most researched supplement and can lead to huge gains in strength and in any high intensity activity. Creatine is not a steroid and wont cause harm if taken by the right amount and sufficient water. Its extremely cost effective when compared to meats. Overall creatine is a great source of building lean mass and becoming jacked.

# Work cited

<https://www.healthline.com/nutrition/what-is-creatine#muscle-gain>

<https://biofitperformance.com/creatine%E2%80%A8-the-most-researched-supplement/#:~:text=Once%20you%20got%20your%20nutrition,want%20to%20consider%20using%20supplements>

<https://www.mayoclinic.org/drugs-supplements-creatine/art-20347591>

<https://www.menshealth.com/nutrition/a28450263/how-to-buy-creatine-supplement/>