

Creatine for Athletic Performance, Energy and Endurance

Creatine Monohydrate is a product that has recently generated astounding results and excitement among athletes around the world.

Offset Fatigue for Awesome Workouts

Creatine supplementation has been shown in several research journals including *Clinical Science* and *Annual Review of Biochemistry*, to increase muscle stores of Creatine by as much as 50%. Increases in Creatine content in muscle has delayed the onset of muscular fatigue, enabling powerful workouts without the perceived fatigue usually associated with an intense training.

Muscle Energy

Most athletes have heard of ATP -- Adenosine Triphosphate -- from which energy is derived during daily activity and exercise. In the body, Creatine is a part of what is known as the Creatine Phosphogen system, which helps to maintain high intracellular ATP/ADP. As your body consumes ATP, the energy is created when the molecule gives up its phosphate component. When this occurs the power needed to generate an intense muscle contraction is created. The resultant power enables the capacity to train harder and longer, including heavier lifts. Lack of Creatine in the body has been shown to be the major limiting factor for the continuation of physical effort.

Buffer Lactic Acid Buildup

The studies performed by the scientific community have shown the Creatine Monohydrate taken several times a day can increase total Creatine content in the muscle. Another benefit of Creatine Monohydrate is that it can help buffer lactic acid buildup; lactic acid buildup can limit the duration of any training session.

Research has also indicated that vegetarians and athletes who eat small quantities of meat may take in little or no dietary Creatine. These athletes tend to have lower plasma and urinary levels of Creatine and may have dramatic results with Creatine supplementation.

Two Phases: Loading and Maintaining

Further research has supported a rationale for a two phase Creatine supplementation program. Phase One is a muscle loading program in which muscle tissue is saturated with 20-30 grams of Creatine per day for three days. Phase 2 is a muscle creatine maintenance program of 1-3 grams per day.

In summary, Creatine increases the body's regenerative production of ATP--the body's ultimate fuel source of muscle contraction, elevated energy and strength, as well as improved recovery. ATP also prevents muscle fatigue and enables prolonged intensity, greater strength and may significantly increase muscle size.