CREATINE is a compound made by your body and found naturally in some foods, mainly meat and fish. It’s also a popular ingredient found in dietary supplements.

**CREATINE JUST THE FACTS**

1. **CREATINE** is only effective for explosive, high-intensity activities (such as lifting, jumping, and sprinting).

2. **NOT EVERYONE** will experience an improvement in performance. Some people respond better than others to creatine supplements.

3. **CREATINE MONOHYDRATE**, the most common form of creatine in supplements, is generally safe and effective when used appropriately (~3 g/day—more is not better).

4. **CREATINE MONOHYDRATE** is generally well-tolerated short-term, but less is known about its long-term safety.

5. **MORE THAN 10 FORMS** of creatine are available in supplements. There isn’t enough evidence to support claims that any other form of creatine is better than creatine monohydrate.

**BOTTOM LINE: IF YOU CHOOSE TO USE CREATINE,**

- Look for “creatine monohydrate” as the only ingredient on the Supplement Facts panel.
- Choose a third-party certified/verified product.
- Look for any of these seals on the product label:
  - BSCG
  - NSF
  - USP
- Inform your healthcare provider of any supplements you use and discuss how to use them safely.

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**Supplement Facts**

- **Amount per serving**
  - Creatine monohydrate: 3g
- **% Daily Value**
  - Not established
- **Other ingredients:** None