







**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:
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- ✓ Inform your healthcare provider of any supplements you use and discuss how to use them safely.

Supplement Facts		
Serving size: 1 scoop (3 g)		
Servings per container: 100		
	Amount per serving	%Daily Value
Creatine monohydrate	3g	*
* Daily Value not established		
Other ingredients: None		