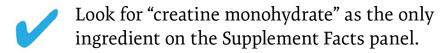


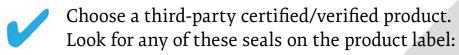
**CREATINE** is a compound made by your body and found naturally in some foods, mainly meat and fish. It's also a popular ingredient found in dietary supplements.

## CREATINE JUST THE FACTS

- **CREATINE** is only effective for explosive, high-intensity activities (such as lifting, jumping, and sprinting).
- NOT EVERYONE will experience an improvement in performance. Some people respond better than others to creatine supplements.
- 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).
- CREATINE MONOHYDRATE is generally well-tolerated short-term, but less is known about its long-term safety.
- 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,















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

