

## Creatine - a Natural Advantage

### **What is Creatine?**

- It's an amino acid created by the liver, kidney and pancreas,
- Naturally occurs in muscle tissue,
- Functions as a secondary reservoir for short term energy when the primary reservoir of energy (Adenosine Tri Phosphate or ATP) is used up.



There are many different forms of creatine, but the most common and available is in the form of creatine monohydrate as it consists of 88% creatine and 12% water.

Dietary sources of creatine include (per 100 gram serving):

- Fish: 450 - 675mg (eg. Salmon 450mg/100g)
- Beef: 450mg
- Poultry: 450 - 500mg

### **Health Benefits of Creatine**

When used appropriately, creatine is "completely safe" (from "Muscle Marketing USA" on Creatine as a supplement).

Creatine monohydrate may stimulate muscle growth and may increase muscle strength when used in conjunction with a properly designed training program.

As a result, creatine monohydrate may improve stamina (especially in persons who exercise), thus permitting muscles to perform harder for longer periods of time. Creatine monohydrate may also alleviate muscle cramps.

Creatine monohydrate may improve the performance and stamina of people who undertake isotonic exercise (weight lifting). It may also inhibit the endogenous production of lactic acid within the muscles during exercise by up to 41%. Weight lifters can expect increases in muscle weight, strength and the number of repetitions that can be performed.

### **How much to take:**

The average person uses over 2 grams of creatine per day to maintain normal energy production. For those seeking to improve athletic performance, muscle growth and muscle strength the recommended dosage of creatine monohydrate is 3 to 5 grams per day.

It should be noted that caffeine may reduce the effectiveness of supplemental creatine.

### **References**

- "Creatine" - Hyperhealth Pro 2008 (v8.0)

Note: New Leaf does not endorse any form of treatment, nor does it encourage you to undertake any such treatment on your own. We urge you to see your family healthcare practitioner before undertaking any kind of medical treatment. Supplements are to be taken with an appropriate diet, exercise program and advice from a qualified healthcare practitioner.

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