CREATINE
ESTABLISHED PERFORMANCE SUPPLEMENT

Performance impact
Increase in muscle creatine stores, PCr resynthesis rate, muscle storage of glycogen & water. Of interest for sprints, sustained sprints, jumps, throws, multievents & endurance events.

Chronic Effects
Greater gains in lean mass, muscular strength & power in response to resistance training.

Protocol of Use
Loading Phase
~20g/day (in 4 equal doses), for 5-7 days.

Maintenance Phase
3-5g/day (single dose)
Creatine uptake may be enhanced by concurrent consumption with a mixed protein/CHO source.

Potential Side Effects
No negative health effects are noted with long-term use (up to 4 years) when appropriate loading protocols are followed. A potential 1-2kg increase in body mass after creatine loading may be detrimental for performance in endurance events, high jump or pole vault.

Reference: Peeling et al. IJSNEM 2019 © Copyright. World Athletics. All rights reserved.