



Creatine

THE FACTS:

- 1) Does increase short-term muscle work ability in high-intensity, outburst type activities.
- 2) Does increase weight by causing retention of fluids.
- 3) Does appear to be safe and has been studied fairly extensively.
- 4) Does appear to help you work harder, thus conceivably increasing strength and muscle mass.
- 5) Does not make you heavier due to immediate increased muscle mass.
- 6) Does not work independently of resistance training.
- 7) Does not help with activities that require endurance, and could contribute to a decline in performance in these activities
- 8) Does not appear to damage kidneys.

PROS:

- Appears to increase muscle work capacity in activities that require short outbursts of repetitive power.
- Is relatively inexpensive.
- Has several well done scientific studies behind it over a long period of use.

CONS:

- Long-term use and effects have not been studied.
- May increase risk for dehydration, therefore, it should be used only with careful and constant hydration.
- Because of fluid retention, may result in tendon injuries (e.g. achilles, patella).
- Immediate weight gain is false and resolves when creatine is stopped.
- Has no benefit with endurance type activities and may hinder endurance athletes due to weight gain from fluid retention.
- Will not help athletes with naturally higher levels of creatine in their system already.
- May cause upset stomach or muscle cramping.

CAUTIONS:

- Not all creatine products contain their claimed amount of creatine.
- Liquid forms of creatine failed testing for claimed amount of creatine, and purity to a greater extent than powdered products.

Some supplements (not only performance-enhancing supplements) have been shown to contain contaminants or dangerous levels of active ingredients that may lead to impaired performance, injury or death. Apparently safe supplements may also contain contaminants that lead to a positive drug screen.

The student-athlete is ultimately responsible for any substance that they put into their body, and should use reliable sources to research supplements, and discuss their efficacy with appropriate Athletic Department personnel.