

Creatine

Creatine has been of interest to sports nutritionists since the 1990's, and is one of the most well researched nutrients on the market today with many people taking creatine to support their sports and activity goals.

Creatine has been found to be safe to consume over both the short and long-term, and in sports nutrition is primarily used by adults performing high-intensity exercise.



Applications

- Consumption of creatine increases physical performance during short-term, high intensity, repeated exercise bouts
- Daily creatine consumption can enhance the effect of resistance training on muscle strength in adults over the age of 55

Top tips

with Professor Graeme Close of Nutrition X

- Creatine comes in the form of a flavourless powder which can be mixed with water or juice, or added to your regular shake
- Make sure to follow the serving instructions on the label, which are typically 3 - 5g per day
- Creatine can be taken before or after training but works best when taken consistently over a period of weeks

