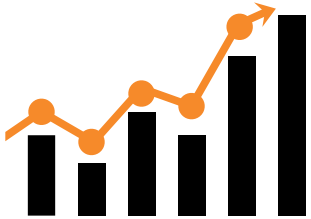


DID YOU KNOW?

CREATINE

PERFORMANCE IMPACT



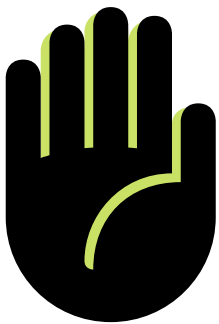
Primary fuel for **SHORT, HIGH INTENSITY EXERCISE**
Increase muscle glycogen stores, water, & PCr resynthesis
Regenerates ATP faster - **INCREASED ENERGY**
Enhance **MUSCLE RECOVERY**
Increase **POWER OUTPUT**

LONG TERM IMPACT



Greater gains in **LEAN MUSCLE MASS**
Greater gains in muscle strength and power
May enhance cognitive function
May help buffer blood acidity during intense exercise

DOSE AND USE PROTOCOL



MUSCLE and MASS GAIN ATHLETE:
DAYS 1-7: 20 g./day, split in four, 5-gram doses
DAYS 8+: 5 g./day post-training

POWER SPEED/AESTHETIC/WEIGHT CLASS ATHLETE:
Start with 2-3 g./day post-training
If weight stable, maintain at 5 g./day post-training

CAUTION



If taken correctly, no known negative health risks
Quick increase in water mass - can disrupt power:weight ratio
For some, can cause mild GI upset and diarrhea
NCAA IMPERMISSIBLE - Taken/provided ONLY by athlete