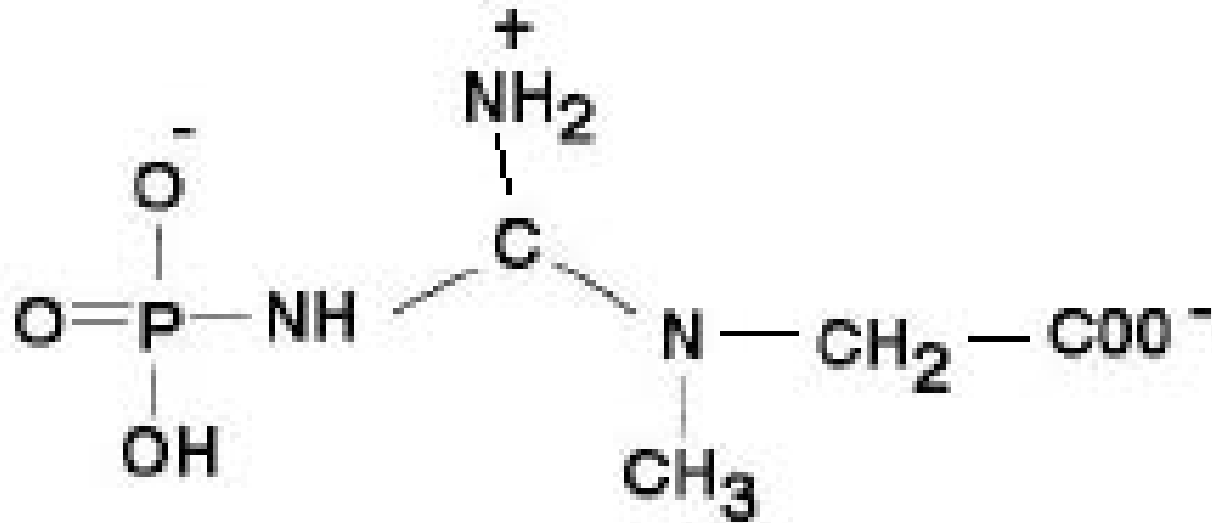




CREATINE



PHOSPHOCREATINE

Muscle cells have two backup systems when oxygen is in short supply:

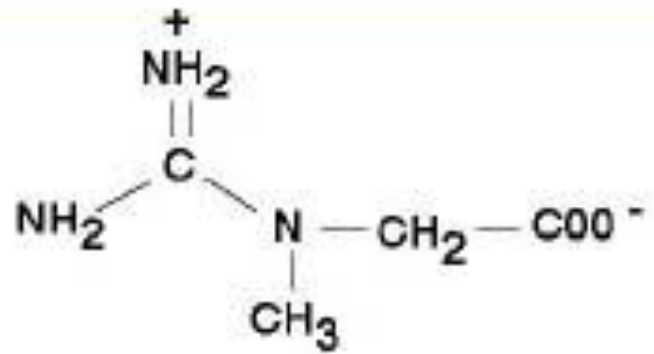
1. lactic acid fermentation

2. creatine phosphate
(used 1st)

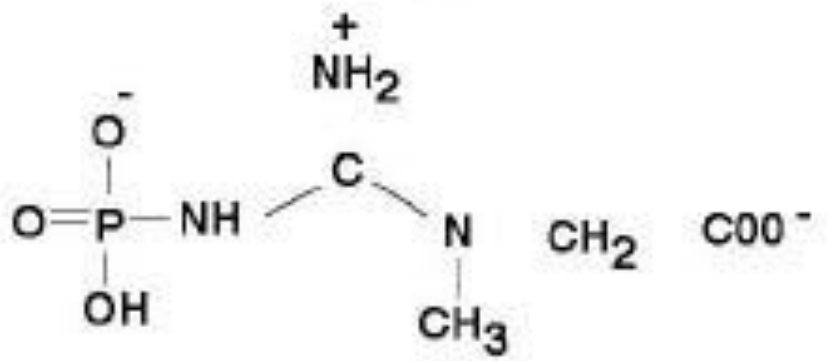
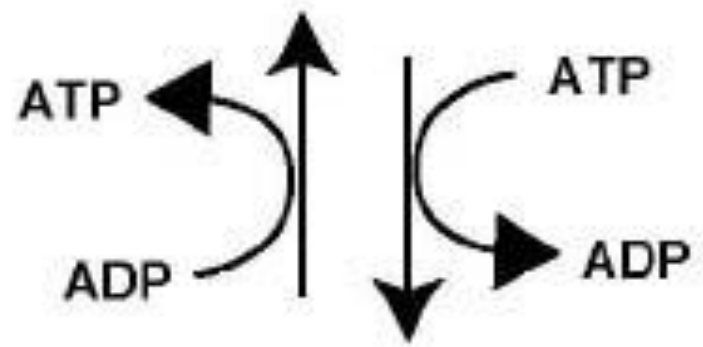


Creatine is a natural substance found in muscle cells that can transfer phosphate groups.

It is used to recharge ATP.



CREATINE



PHOSPHOCREATINE

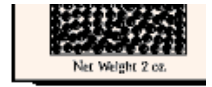
A **good diet** usually contains an adequate supply of creatine.

Meat and fish contain large quantities.

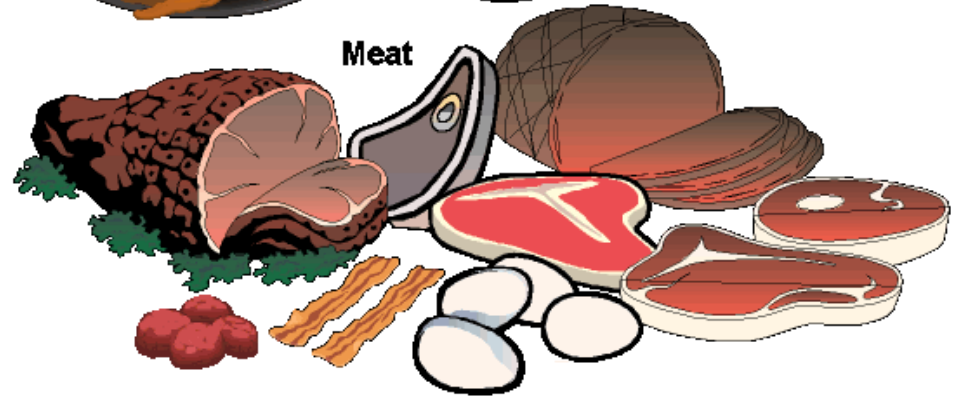
Fish & Seafood



Poultry



Meat



Taking creatine **supplements** can increase the level of creatine phosphate in muscles 10-20%, which can increase energy levels 2.5-10%

Research is incomplete about the health risks of taking the supplement.



SHOULD ATHLETES BE
ALLOWED TO TAKE
CREATINE TO ENHANCE
PERFORMANCE?