

Do You Do Muscle Building Supplements: Creatine

SPORTS NUTRITION SERIES

Summary: I am not a supplement person, but there is one that works. Creatine is a naturally occurring compound found in muscles (meat) and may assist the ability to perform high intensity weight lifting. Creatine within your muscle is an important source of fuel for sprints and bouts of high-intensity exercise lasting up to 10 seconds. . Creatine holds water, so loading the body with creatine results in gaining water weight. This added weight might be counterproductive for weight-conscious athletes, such as sprinters.

I agree with most health professionals that only fully developed athletes should take creatine. Young athletes need to learn to improve performance by training hard and developing sports skills. Read on.



DO YOU/CAN YOU
DO THIS?
SHORT WELLNESS
SELF-CHECKS

Muscle Building Supplements

Creatine

SPORTS NUTRITION SERIES

First if you want to build muscle the only way is through muscle exhausting resistance training where the muscles is brought to momentary failure through a broad range of reps of 5 to 15+ through multiple sets to all the muscle groups through both isolation and compound exercises two to three days per week. Along with quality training a healthy, balanced diet that includes complete proteins (if vegan understand how to make a complete protein) at 3 or more meals a deal is highly warranted. A muscle building supplement is exactly what it is a supplement to training.

I am not a supplement person, but there is one that works. Creatine is a naturally occurring compound found in muscles (meat) and may assist the ability to perform high intensity weight lifting. Creatine within your muscle is an important source of fuel for sprints and bouts of high-intensity exercise lasting up to 10 seconds. This includes weightlifting; interval or sprint training with repeated short bouts of explosive efforts; and team or racket sports with intermittent activity. Many athletes who take creatine report increases in lean body mass, perhaps because they are better able to recover during strength training; this allows more weightlifting repetitions or it could be because of the water retention within the muscle.See more here for details. A study of 31 experienced bodybuilders who took a protein-carbohydrate supplement with or without creatine at midmorning, after their afternoon workouts, and before bed (for a total of about 450 calories) suggests that the protein-carbohydrate-creatine group gained more muscle mass and strength than did those who consumed just protein and carbohydrate according to N. Clark (Cribb, Williams, and Hayes 2007). Not all athletes experience enhanced performance with creatine, however. In a study of 11 healthy men, 3 had a strong response, 5 a moderate response, and 3 were classified as nonresponders (Syrotuik and Bell 2004).

Process: In research studies, the subjects commonly “load” by taking 20 grams of creatine (more precisely, 0.15 g creatine monohydrate/lb [0.3 g/kg], in four doses of 5 g each) for five to seven days (known as the loading phase), and then take a daily maintenance dose of 3 grams per day (Maughan et al. 2018). Taking creatine with a meal is more effective than taking it on an empty stomach. Creatine holds water, so loading the body with creatine results in gaining water weight. This added weight might be counterproductive for weight-conscious athletes, such as sprinters.

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