



UNIVERSITY OF MARYLAND UNIVERSITY HEALTH CENTER

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Information about Creatine

What is creatine?

Creatine is a substance that is created by the body, and is also sold as a supplement. Creatine helps release energy from muscles and has been sold and used as a reported way to bulk up or increase stamina. Creatine is a legal substance.

So, does it work?

The research on creatine doesn't have any definite answers yet. There have been some findings that suggest that creatine, in conjunction with an exercise program, does build muscle mass and create increased energy.

Does it have any side effects?

Users have reported side effects such as diarrhea, muscle cramps, stomach discomfort, and dehydration. A few cases have indicated there may be negative effects on the liver and kidneys, but more research is needed. Additionally, there is little or no research that looks at long term effects of creatine, many studies ran 8 weeks or less.

How much should I take?

The FDA does not regulate creatine and therefore it's purity and additives can vary based on who produced it. Because Creatine is produced by the body as well, there are no "set" daily requirements. Some users report using more than is recommended to them. If you choose to use creatine, stay within the guidelines set up by your health practitioner or dietician, to reduce the potential for negative side effects.

What to remember if you choose to use Creatine:

- Talk to your health practitioner about how much creatine you should use, and for how long
- Drink water while using creatine to combat dehydration
- Only use the recommended amount

For more info on creatine or any other substance, please call the UHC at 314.8124.

Reviewed 1.07

Published for the University of Maryland community.

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