

**Please Take One!**



## **SUPPLEMENT OF THE MONTH: Creatine**

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### **What is creatine?**

Creatine supplements are used to increase muscle mass and improve athletic performance, especially in older adults. Creatine is a source of energy for the skeletal muscles. In fact, 95% of the creatine in our body is stored in the skeletal muscle.

### **Where is it found?**

Creatine is not an essential nutrient because our bodies can make it. Our liver, kidneys and pancreas synthesize 1-2g of creatine a day. Creatine can also be ingested from food. Another 1-2 g come from fish and meats.

### **What are the benefits?**

Creatine has been shown to be effective for enhancing muscle performance during brief, high intensity exercise. It seems to increase muscular power during repeated, short energy bursts rather than for single event performance. It also might be beneficial in exercise alternating anaerobic and aerobic metabolism for long durations. It doesn't seem to improve strength of body composition in people over the age of 60. Additionally, for some it may decrease the rate of Parkinson's Disease and improve muscle strength in those with muscular dystrophy, and may be used to treat depression, CHF (congestive heart failure) and bipolar disorder.

### **Are there interactions with food, herbs or other supplements?**

Creatine combined with carbohydrates can increase muscle creatine levels than just taking creatine alone.