

# ***“Facts about the Supplement”***

## ***Creatine Monohydrate***

### ***Sports Supplement***

Creatine (creatine monohydrate) is a compound produced by metabolic processes in the body. When muscles are in use, the compound adenosine triphosphate (ATP) is broken down into two other compounds – adenosine diphosphate (ADP) and inorganic phosphate. This process produces the body’s cellular energy which, among other things, powers the muscles. Each such burst of energy is very fleeting. However, with the addition of creatine, ADP can be transformed back to ATP, the source of cellular energy. Taken as a supplement, creatine can increase both endurance and strength, making possible extended workout time. Longer workouts in turn can result in increased lean muscle mass.

Creatine is particularly popular with athletes. The use of creatine for muscle – depleting illnesses and the natural wasting of muscles that comes with age is also being studied. Creatine should be used in combination with a balanced, nutritionally complete diet. **You should not take it with fruit juices, as this combination results in production of creatinine, which is difficult for the kidneys to process. NEVER EXCEED THE RECOMMENDED DOSE AND NEVER DO ANY LOAD DOSES.**

