

EVERYTHING YOU NEED TO KNOW ABOUT

@DRIFFIELDHEALTHHUB



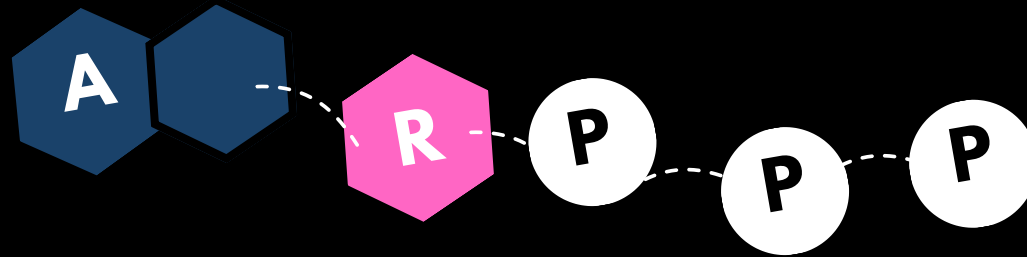
CREATINE



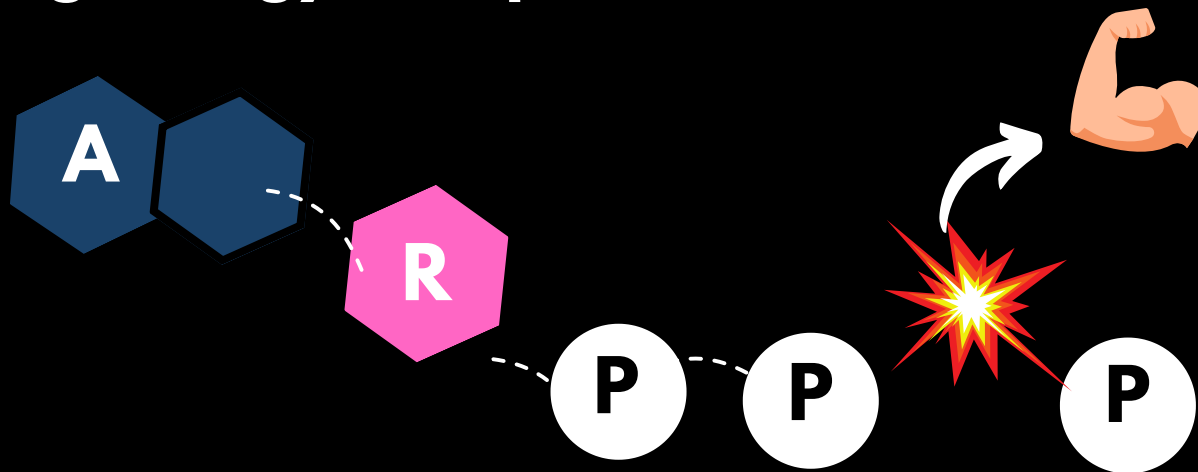
WHAT IS CREATINE?

@DRIFFIELDHEALTHHUB

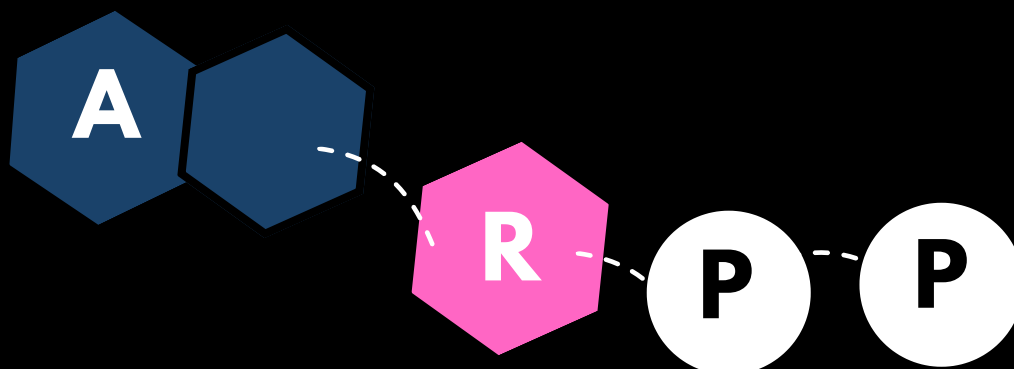
The Body uses the molecule, 'Adenosine Triphosphate' (ATP), for energy



When there is a contraction, for example whilst lifting weights, sprinting or jumping, one of the phosphates breaks off from ATP- Releasing energy that powers the muscle



Once ATP 'Donates' a phosphate molecule, it becomes adenosine diphosphate (ADP)...(useless)



Think of ADP like a low battery that needs to be charged

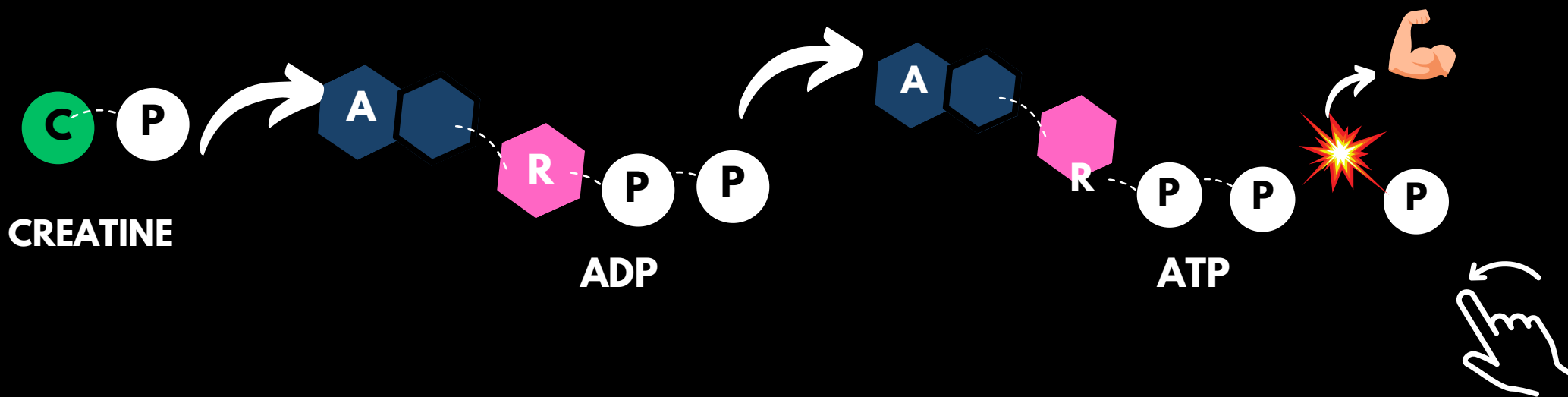


@DRIFFIELDHEALTHHUB

This is where CREATINE comes in.

Creatine is a molecule produced primarily in the liver that carries a single phosphate molecule along with it

This phosphate molecule is donated to the useless ADP to regenerate the useful fully charged ATP



HOW DOES SUPPLEMENTING CREATINE WORK?

Creatine supplementation **increases the amount of creatine phosphate available in the muscle cells**, allowing for faster replenishment of ATP, which in turn allows an increase in strength and power!

For instance one review paper found creatine supplementation led to an **average increase in strength and reps to failure of 5-15%**



**5-15%
MORE
GAINS**

@DRIFFIELDHEALTHHUB



HOW MUCH SHOULD I TAKE AND IS IT SAFE?

Between **3-5g a day is optimal**, it is not necessary to “Load” Creatine and it can be taken at whatever time is convenient!

You also do not need to stop taking creatine... unless you believe becoming weaker and less muscular is going to be beneficial ... **so you should probably never stop!**

Creatine is **VERY SAFE** it has been confirmed via countless studies to be very safe, even at higher amounts when taken over several years! **Creatine is the most studied and conclusive effective supplement backed by science!**



WHO SHOULD CONSIDER TAKING CREATINE?

ANYONE who would benefit from..

- Becoming stronger and more powerful
- Increasing lean muscle tissue
- Enhancing cardiovascular fitness
- Improving balance and other cognitive skills.
- Can improve short term memory function
- Decrease the risks of injury.
- Improve overall athletic performance
- Enhance fat loss
- Improve recovery time from intense physical activity
- Improve Bone density

So **EVERYONE** from within training age... Young teens to elderly adults and everyone inbetween!

CREATINE

TAKE AWAYS

SHORT ANSWERS

- **5-15% more** strength and reps
- **3-5g** every day **taken anytime**
- **Very very safe**
- **Can aid fat loss**
- **Evidence based and backed by science**
- **Great for young people**
- **Even better for old people**
- **Very cheap and very effective**

There are lots of different types of Creatine supplements out there... but standard **creatine Monohydrate** is the **best value for money.**

@DRIFFIELDHEALTHHUB

