



# Trying to Build Muscle?

Creatine Helps Generate ATP (Energy) So You Can Lift More

OUTCOME	MAGNITUDE OF EFFECT	CONSISTENCY OF RESEARCH RESULTS
Muscle Creatine Content	 Strong	Very High <a href="#">See all 18 studies</a>
Power Output	 Strong	Very High <a href="#">See all 66 studies</a>

Creatine monohydrate has been extensively studied and shows strong evidence for both safety and its ability to increase power output and anaerobic endurance. In layman's terms, increasing your creatine stores (which are primarily stored in your skeletal muscles) helps you lift heavier and with more intensity (knock out the last few reps). This builds muscle faster.

## You Should Probably Take Creatine

Creatine is very safe, and has been proven to increase power output. There is promising yet very preliminary evidence for certain neurological benefits. Taking into account efficacy, safety, and cost, creatine is among the surest supplement bets.

## Creatine Supplement Proven Effects

- Strong evidence for increase in Power Output.
- Notable evidence for increase in Total Body Hydration.
- Minor evidence for increase in Anaerobic Capacity.
- Minor evidence for increase in Lean Mass.
- Notable evidence for decrease in Fatigue.
- Minor evidence for increase in Muscular Endurance.
- Minor evidence for increase in Testosterone.
- Minor evidence for increase in VO<sub>2</sub> Max.

## How to Supplement Creatine

- [Take the monohydrate form.](#)
- Get micronized if you want easier dissolving in water.
- The standard dose is 5 g / day.
- You may load higher quantities initially to get results moving faster but move back to 5 gr / day after a week or so of loading.
- Some people are creatine non-responders - if you have this problem, try 5 grams twice a day and take with a high protein and carb meal (like pre and post workout).

## Downsides to Creatine Supplementation

You may hold excess water (bloat).

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