

## Creatine Myths Refuted

Creatine is an extremely popular supplement among gym rats, simply because it works. However, the mainstream media tends to publish reports suggesting that Creatine usage is a dangerous and unnecessary practice. Thus, a recent International Society of Sports Nutrition take on Creatine supplementation refuted some of the most enduring urban legends:

**Myth 1:** All weight gained during supplementation is due to water retention.

**Fact:** Creatine supplementation improves ability to perform high-intensity exercise and thus enables athletes to train harder and promote greater muscular hypertrophy.

**Myth 2:** Creatine supplementation causes kidney distress.

**Fact:** There is absolutely no evidence to support the notion that reasonable Creatine intakes in healthy adults cause kidney dysfunction.

**Myth 3:** Creatine supplementation causes cramping, dehydration and/or altered electrolyte status.

**Fact:** The only side effect reported in the research literature is weight gain. There is some evidence to suggest that Creatine supplementation may actually *reduce* the risk of muscle cramping and injury.

**Myth 4:** Long-term effects of Creatine supplementation are completely unknown.

**Fact:** One cohort of patients taking moderate doses of Creatine has been monitored since 1981 with no side effects.

So if you're wondering if Creatine is right for you, FitnessQuest can help you decide.