Performance impact
Increase in muscle creatine stores, PCr resynthesis rate, muscle storage of glycogen & water. Of interest for sprints, sustained sprints, jumps, throws, multievents & endurance events,

Chronic Effects
Greater gains in lean mass, muscular strength & power in response to resistance training

Protocol of Use
Loading Phase
~20g/day (in 4 equal doses), for 5-7 days.

Maintenance Phase
3-5g/day (single dose)

Creatine uptake may be enhanced by concurrent consumption with a mixed protein/CHO source

Potential Side Effects
No negative health effects are noted with long-term use (up to 4 years) when appropriate loading protocols are followed. A potential 1-2kg increase in body mass after creatine loading may be detrimental for performance in endurance events, high jump or pole vault

Reference: Peeling et al. IJSNEM 2019. © Copyright. IAAF 2019. All rights reserved. IAAF, Health & Science