



Creatine: the Power Supplement

Melvin Williams, Richard Kreider, J. David Branch

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Learn how creatine supplementation affects performance with this authoritative source drawn from the latest research findings. *Creatine: The Power Supplement* is the first book to provide scientific analysis of creatine supplementation on exercise performance and athlete health and safety.

The subject of numerous studies during the 1990s, creatine is a naturally occurring substance necessary for synthesizing phosphocreatine that is used by the muscles during high-intensity exercise. Supplementation programs significantly increase the body's supply of creatine and phosphocreatine, resulting in the muscles' capacity to quickly re-energize after exertion.

Creatine: The Power Supplement presents a detailed analysis of:

- Scientific literature discussing the effects of creatine supplementation on various forms of exercise, sport performance, and on body mass
- Creatine requirements and metabolic functions
- Supplementation protocols and the effects on muscle creatine stores
- Possible adverse effects of creatine supplementation
- Legal and ethical considerations regarding creatine use by competitive athletes
- The historical evolution of creatine use

Creatine: The Power Supplement is the most comprehensive book available on one of the most popular supplements in sports.

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