

# A REPORT ON THE ADVANTAGES OF CREATINE FOR ENHANCING ATHLETIC PERFORMANCE

*Creatine is a natural supplement used to boost athletic performance. This is the primary mechanism behind creatine's performance-enhancing effects. . Clinical trials lasting up to five years report no adverse effects in.*

Furthermore, an increase from base line of J R Army Med Corps. Int J Sports Physiol Perform. No differences were seen after creatine supplementation in peak power, total work, or fatigue index compared to presupplement use. Supplements are used by athletes to improve their performance, by older adults to increase muscle mass, and to treat problems that result when a body cannot metabolize creatine fully. The powder form is the most common and is usually mixed up to four times daily with ounces of orange or grape juice. J Int Soc Sport Nutr. Dietary supplement use by children and adolescents in the United States to enhance sport performance: results of the National Health Interview Survey. Whether these effects of creatine supplementation lead to improved performance on the field of play remains unknown. Creatine supplementation enhances muscular performance during high-intensity resistance exercise. When orally ingested, CM has shown to improve exercise performance and increase fat free mass [ 5 â€” 9 ]. It can cause body mass increase. This observation is important, since individuals with high baseline muscle creatine levels are not able to increase their muscle creatine. However, it appears that the effects of creatine diminish as the length of time spent exercising increases. Results: Short-term use of creatine is considered safe and without significant adverse effects, although caution should be advised as the number of long-term studies is limited. There are dangers associated with use of unrestricted supplements. In , a review concluded that creatine: boosts the effects of resistance training on strength and body mass increases the quality and benefits of high-intensity intermittent speed training improves endurance performance in aerobic exercise activities that last more than seconds may improve strength, power, fat-free mass, daily living performance and neurological function It seems to benefit athletes participating in anaerobic exercise, but not in aerobic activity. Athletes use creatine to assist in high-intensity training. Even though not all individuals respond similarly to creatine supplementation, it is generally accepted that its supplementation increases creatine storage and promotes a faster regeneration of adenosine triphosphate between high intensity exercises. Improving athletic performance Athletes commonly use creatine supplements, because there is some evidence that they are effective in high-intensity training. Around half of this comes from the diet, and the rest is synthesized by the body. The long-term consequences of doses greater than 1 g daily are not known. It was found that serum levels of myostatin, a muscle growth inhibitor, were decreased in the creatine group. Creatine serves as an energy substrate for the contraction of skeletal muscle. There is a great amount of research published on creatine supplementation; protocols of administration, forms of creatine, as well as potential side effects. Prevalence of dietary supplement use by athletes: systematic review and meta-analysis. A large review of the research also found significant improvements for short-duration work, but less of a benefit for endurance exercise Performance and muscle fiber adaptations to creatine supplementation and heavy resistance training. Bodybuilders have reportedly accepted creatine as the most effective supplement, and many products are promoted for increasing muscle mass.