Your Guide to Taking a Creatine Supplement

Creatine is a natural substance that may help improve your muscle strength, power, and size while supporting faster recovery. It can enhance your body's ability to produce energy during high intensity activities like weightlifting and sprinting.



How Much Creatine Should You Take?

- **Consider a loading phase for faster results:** Take 20 to 25 grams (g) daily (split into 4 to 5 doses) for 5 to 7 days, then switch to the maintenance dose. Calculate your loading dose by multiplying your weight in kilograms (kg) by 0.3.*
- **Take 3 to 5 g daily for maintenance:** This dose keeps your muscle creatine stores saturated and provides optimal benefits.
- **Skip loading to avoid bloating:** Start directly with 3 to 5 g daily. You'll see the same benefits in about 28 days instead of 7 days.
- **Stay consistent, even on rest days:** Continue taking your daily dose to maintain elevated creatine levels in your muscles.



When Should You Take Creatine?

- **Take it close to your workout:** Consume creatine 1 to 2 hours before exercise for full absorption, or up to 1 hour after when blood flow to muscles is elevated.
- **Pair it with a balanced meal:** Mix creatine with water and drink alongside a meal containing an equal balance of protein and carbohydrates to maximize absorption.
- **Focus on consistency:** Time matters less on rest days. It's best to stick to a daily routine instead of specific timing.



Extra Tips

- **Choose creatine monohydrate:** This form is the most researched, effective, and cost-efficient option.
- **Mix thoroughly with liquid:** Stir creatine powder completely into water or juice to prevent it from settling at the bottom of your glass. This can take a little time!
- **Monitor your body's response:** When taken as recommended, creatine has not been shown to cause harmful side effects. However, stomach upset and bloating have been reported, especially during the loading phase.
- **Stay hydrated:** Taking creatine can increase water retention, so be sure to drink plenty of water.

*Multiply your weight in pounds by 0.135 to get your dose in grams.