



ELITE

Personal Training and Fitness Solutions

# HEALTH TIP OF THE WEEK

## 01/17: Creatine

About 95% of creatine is found in your body's muscles. It is also found in the heart and brain.

Creatine is an amino acid that is naturally produced in the human body. Creatine supplies energy to your muscles. About half comes from your diet. The rest is produced in the kidneys and completed in the liver.

Many studies suggest creatine supplementation can improve muscular strength and endurance for short-term, high-intensity exercise. The muscular strength benefits are fairly well-known. However, there are other important but lesser-known benefits.

Creatine also:

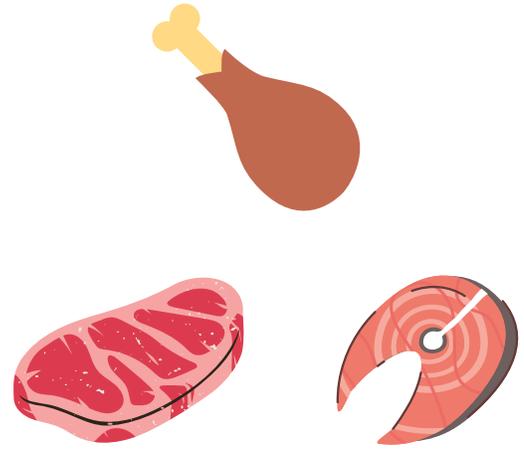
- helps improve conditions like COPD, heart failure, fibromyalgia, and muscular dystrophy
- reduces damage to genetic material (which increases the risk of cancer)
- stops fats from oxidizing in our blood (which contributes to heart disease)
- protects our nerve cells from toxins
- combats depression by increasing the production of energy molecules ATP in the brain
- increases low creatine levels in vegetarians



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

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The body produces some of the creatine it uses. Creatine also comes from protein-rich foods such as meat or fish. If you exercise regularly or want some of the benefits listed above, I highly recommend creatine supplementation.



The most popular form of creatine is creatine monohydrate. Most people benefit by taking five grams a day. The dose can be taken before or after a workout or at any other time during the day.

When it comes to creatine supplementation there is a point of diminishing return, where taking more will not increase the desired effect. Our cells can only store so much creatine. Once the cells are “saturated” they cannot absorb any more. The goal of a creatine supplement is for our cells to achieve this “saturated” point in order to maximize our cells’ creatine energy stores.

Some people confuse creatine with anabolic steroids, but this is incorrect. Creatine is a completely natural and legal substance found in your body and in foods such as meat and fish. There is no link to steroids.



Creatine is one of the most well-researched supplements on the market. It is safe and beneficial. In fact, the International Society of Sports Nutrition regards creatine as one of the most beneficial sports supplements available.



David Trumbore  
PT, DPT, CSCI, CWT, CPI

Questions? As always, we are here to discuss your health and wellness issues.