

## Creatine: What you need to know



### What is it?

Creatine is a natural compound made by the body, but you can also get it from eating protein-rich foods like meat and seafood or taking supplements. **It's stored in muscles and helps supply quick energy to them, especially during high-intensity activities like sprinting, jumping, or weight-lifting.**

### How creatine supports metabolic health



- Supports sports performance (maximal power, duration of exertion, and recovery time)
- Supports lean muscle mass and strength and body weight
- Supports insulin sensitivity (how effectively the body responds to insulin) and blood sugar control when combined with strength training or cardio-type exercises

### What to watch for



- Creatine supplements are usually well tolerated, but mild side effects may include gastrointestinal upset (like diarrhea) and muscle cramps.
- Supplementation may cause a temporary increase in body weight due to water retention, not fat gain.
- High doses of creatine may put excess strain on the kidneys. If you have a history of or are at a higher risk of developing kidney issues, talk to your doctor before taking creatine.

### Final tips

Creatine can be a helpful tool for **supporting energy, strength, and overall metabolism**, especially when combined with regular exercise and a balanced diet.

*Always talk to your healthcare provider before starting any new supplement, especially if you have a medical condition or take prescription medications.*

### References

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