

## Creatine: Much More Than Building Muscle

July 7, 2011

As [a chemical normally found in the body](#) and found in foods such as meat and fish, [Creatine](#) has become very popular with athletes since the 1990's as an affordable way to increase strength and possibly improve athletic performance.

Research on creatine has been so positive that [The International Society of Sports Nutrition stated](#):

*Creatine monohydrate is the **most effective ergogenic nutritional supplement** currently available to athletes in terms of **increasing high-intensity exercise capacity and lean body mass** during training.*

AND...

*Creatine monohydrate supplementation is **not only safe, but possibly beneficial in regard to preventing injury** and/or management of select medical conditions when taken within recommended guidelines.*

Now research has shed more light on the "select medical conditions" and include:

- **Fatigue.** Creatine given in amounts equal to [1.7 grams per day in a 125-lb woman](#) "*increased resistance to fatigue during repeated bouts of high-intensity [muscle] contractions.*"
- **Controlling Blood Sugar.** 5 grams of creatine per day in both men and women diagnosed with diabetes (regardless of weight) [combined with an exercise program](#) "*improves glycemic control in type 2 diabetic patients*" AND lowered levels of a [diabetes-related protein called HbA1c](#) by 14%.
- **Lung Health.** A [2005 study](#) suggests that "*creatine may constitute a new ergogenic treatment*" for patients with a [lung disease called in COPD](#) as 5.7 grams of creatine per day increased muscle mass, muscle strength and muscle endurance while also improving health status between the beginning and end of the study.



**Greg Arnold, DC, CSCS**  
4165 Blackhawk Plaza Circle, Suite 250  
Danville, CA 94506  
(925) 321-4668 [PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)  
[www.PitchingDoc.com](http://www.PitchingDoc.com)

### **Are There Any Side Effects of Creatine?**

- The National Strength and Conditioning Association suggests [3 grams per day as "sufficient"](#) to experience the health benefits of creatine. Higher doses ([10 grams per day for 6 weeks or more](#)) have been suggested to increase risk for possible kidney and liver problems so be sure to cycle creatine intake on 3 months on/3 months off cycle.

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**Author:** Greg Arnold, DC, CSCS

**Source:** Self-research

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