

# CREATINE DISTINCTIONS

The impact of different forms  
of creatine on bioavailability



CREATINE IS ONE OF THE MOST POPULAR STRENGTH AND POWER ATHLETE SUPPLEMENTS. IN LIGHT OF ALL THE DIFFERENT FORMS OF CREATINE YOU CAN TAKE, WHAT ARE THE ACTUAL DIFFERENCES BETWEEN THEM?

Creatine is one of the very few nutritional supplements with a good, science-based record of performance-enhancing potential for short bursts of power and strength. Naturally, the nutritional supplement industry has cashed in on its reputation in a big way. But in an effort to increase sales even more, various forms of creatine have made it to the shelves of many supplement stores. Each different form of creatine claims to be better than the next due to its unique delivery mechanism, absorption rate, etc. But what does science have to say about all these varieties? When it comes to creatine monohydrate vs. creatine citrate vs. creatine pyruvate, there has been no research thus far. But in true JOPP fashion, we're the first to jump on the latest research on creatine and present you with the details.

**Power Key:** creatine monohydrate, creatine citrate, creatine pyruvate, creatine absorption