

STOMACHING CREATINE

Looking at creatine and
gastrointestinal distress



CREATINE CAN ENHANCE YOUR PERFORMANCE, BUT
MIGHT MAKE YOU FEEL LESS THAN ATHLETIC DUE TO
GI DISTRESS. CHECK YOUR DOSAGE!

Original Research

Ostojic, S.M., and Z.
Ahmetovic.

Gastrointestinal distress
after creatine
supplementation in
athletes: are side effects
dose dependent?

*Research in Sports
Medicine* 16:15-22,
2008.

Looking for that extra edge, you have probably tried creatine at some point in your athletic career. Maybe you use creatine now. Whether or not you use it, you have probably heard that it causes gastrointestinal side effects...stomach cramps, diarrhea, etc. The scientific studies do not support creatine as a cause of these effects; however, the doses used in studies are not very high. Athletes sometimes take way more than necessary, bringing up the possibility that creatine actually could cause some of those nasty side effects at higher doses. This is exactly what a couple of Serbian scientists decided to investigate.

Power Key: creatine, diarrhea, gastrointestinal distress