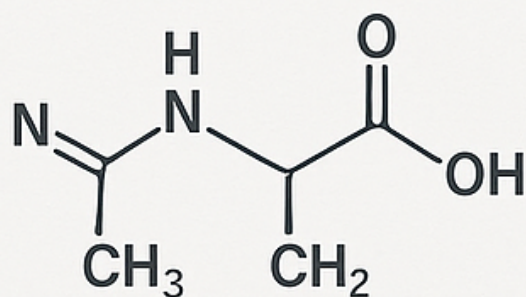


# Creatine

## SCIENCE OVERVIEW

### MOLECULAR STRUCTURE



### PRIMARY BENEFITS



Strength



Muscle Volume



Cognitive Support



Strength



Muscle Volume



Cognitive Support

### SUPPLEMENT INTERACTIONS

Synergistic with beta-alanine.  
Proper hydration is important.

### HOW IT WORKS



Creatine recycles ATP, aiding in cellular energy production.

[sghedeffects.com](https://sghedeffects.com)

### NOTES

Supplementation with creatine has not been shown to cause harm at recommended doses.

**SIGHED EFFECTS**