



Article Side

The Benefits and Side Effects of Creatine – a Popular Sports Nutrition [by Julia Roger](#)

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Creatine is a nutrient that is produced by our body naturally. Creatine is also found in certain food items like salmon, beef and herring. Creatine supplements are available in liquid, gum, pill or powdered form. These supplements are made up of three types of amino acids, namely, arginine, methionine and glycine. By now, you must be definitely thinking about the benefits of creatine, isn't it? In this regard, let me tell you that apart from being sports nutrition, creatine also has several other advantages. To learn more about the benefits of creatine, just read on.

The greatest benefit of creatine is that it helps bodybuilders as well as athletes to gain strength and increase the size of their muscle. In other words, creatine is popular among the people as sports nutrition. It helps athletes as well as bodybuilders to remain fit and healthy. Apart from this, creatine has several other advantages. Like for example, creatine helps in preventing diseases which may affect the neuromuscular system. Studies also reveal the fact that creatine helps in lowering cholesterol to some extent. Moreover, creatine also helps in increasing the production of growth hormone. Increasing the level of energy and recovery rate for different types of injuries are some of the other advantages of creatine. What else? Creatine also helps your body to lose fat.

These are some of the common benefits of creatine. Men as well as women can take creatine. Also, there is no need to worry if you are taking excessive level of creatine because the excess amount which your body does not require is converted into creatinine and is excreted from your body. However, one thing you should always remember is that you should drink lots of water with this protein supplement in order to prevent some side effects like dehydration, stomach upset and cramps in the muscles.

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