

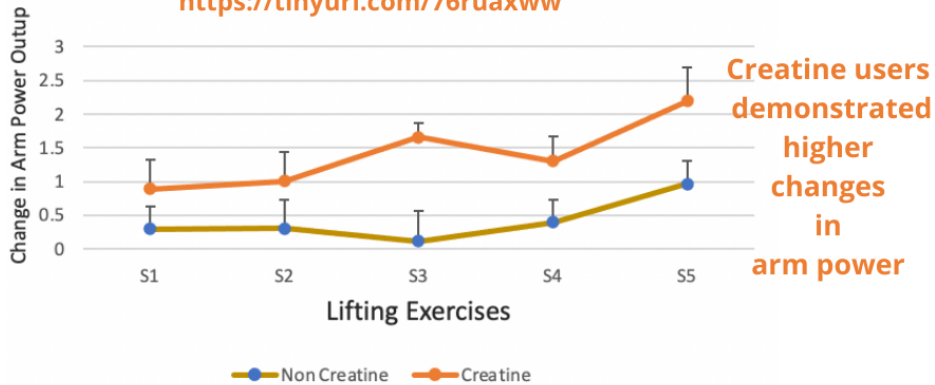
# GOT GAINZ? CREATINE AND PERFORMANCE

Creatine supplements help athletes build muscle

By: Gretchen Pearson

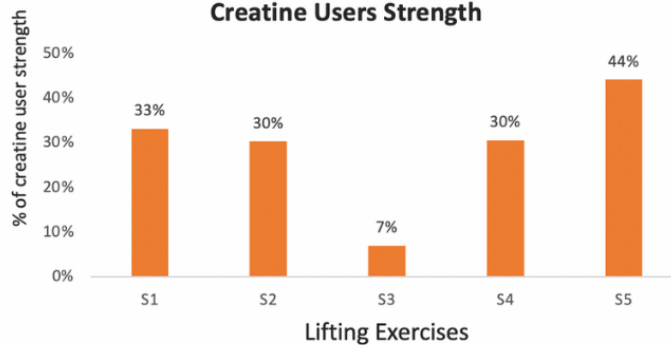
## Creatine vs. Non Creatine Users

<https://tinyurl.com/76ruaxww>



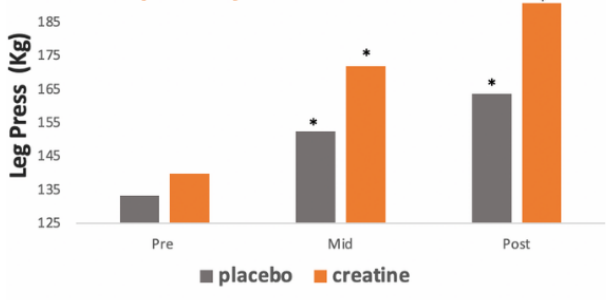
## Non Creatine User Strength as a Percentage of Creatine Users Strength

Non-creatine users exhibited lower strength



## Leg Press and Creatine vs Placebo

<https://tinyurl.com/6dh65db4xt>



The creatine caused significantly stronger results for both exercises

## Bench Press and Creatine vs. Placebo

