

Creatine | Take your fitness to the next level (BROADCAST)

INTRO:

IN THE SPORTS WORLD – VICTORY CAN BE JUST INCHES OR SECONDS AWAY. THINK ABOUT ‘THE LONGEST YARD’ IN SUPER BOWL THIRTY FOUR BETWEEN THE TENNESSEE TITANS AND ST. LOUIS RAMS. IN THE FINAL PLAY OF THE GAME – ONE YARD WAS ALL THAT STOOD BETWEEN THE TITANS AND THE VINCE LOMBARDI TROPHY.

TAKE VO

OR LOOK AT THE SUMMER 2024 OLYMPICS! NOAH LYLES EARNED THE UNITED STATES A GOLD MEDAL AFTER WINNING BY JUST FIVE THOUSANDTHS OF A SECOND IN THE 100-METER FINAL.

ATHLETES LOOK FOR GAME CHANGERS TO HELP PROPEL THEMSELVES AHEAD OF THE COMPETITION... AND CREATINE HAS ENTERED THE CHAT. DR. KARAN RAI (**CURRAN RYE**) – A SPORTS MEDICINE PHYSICIAN WITH OSF HEALTHCARE – SAYS CREATINE HAS BEEN DECENTLY STUDIED OVER THE YEARS COMPARED TO OTHER SUPPLEMENTS. HE SAYS FOOTBALL PLAYERS... POWER LIFTERS AND TRACK SPRINTERS COULD BENEFIT FROM THE SUPPLEMENT... WHILE ENDURANCE ATHLETES TRAINING FOR A TRIATHLON OR IRONMAN MAY NOT BENEFIT AS MUCH. DR. RAI CAUTIONS – THAT WITH THE USE OF CREATINE... HYDRATION BECOMES EXTRA IMPORTANT BEFORE AND DURING YOUR WORKOUT.

TAKE SOT | DR. KARAN RAI | SPORTS MEDICINE PHYSICIAN | OSF HEALTHCARE

“Commonly I'll find someone who is new to using a supplement and they'll come see me and talk about muscle cramps or excessive fatigue after their workouts,” Dr. Rai says. Oftentimes it's because of an imbalance in their intake, whether that's food intake or hydration.”

VO TAG

IF YOU ALREADY CRAMP CONSTANTLY OR ARE NOT AS EXPERIENCED IN WEIGHT TRAINING... DR. RAI RECOMMENDS CAUTION IN USING CREATIVE. HE SAYS TO TALK TO YOUR PRIMARY CARE PHYSICIAN OR A SPORTS MEDICINE DOCTOR TO SEE IF CREATINE IS A GOOD OPTION FOR YOU. DUE TO LIMITED DATA ON CREATINE – THE AMERICAN ACADEMY OF PEDIATRICS DOES NOT RECOMMEND CREATINE FOR KIDS UNDER 18.

EXTRA INFO/SOUNDBITES

Best times to use creatine

Before and/or after your workouts are times Dr. Rai recommends taking creatine. He says like most dietary changes, don't rush it.

"When someone is using creatine, I recommend they start slowly. Typically, utilizing it before the workout and making sure your workout is power based vs. endurance-based matters," Dr. Rai says. "Just starting off, depending on the serving size, use one to two scoops."

Careful with the caffeine!

Avoid a ton of caffeine consumption if you're using creatine. Caffeine can elevate the heart rate and creatine can cause cramping, so combining those things could lead to "adverse outcomes," Dr. Rai says.

"Supplements are meant for augmentation," Dr. Rai adds. "A healthy diet, hydrating appropriately while cultivating your goals, whether you're a power or endurance athlete, gives the max benefit. Really we should be looking at creatine or sports drinks as a way to augment and get that extra 5-10% we are pushing for, based off our goals."

If you're looking to add creatine to your lifestyle, Dr. Rai recommends creating an individualized plan with your doctor or sports medicine team.

Due to limited data, the [American Academy of Pediatrics](#) does not recommend creatine for kids under 18.