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| ***Problem***- With all the tests done on creatine in the last 12 years or so, there is no question that it allows for more ATP to be made thus allowing work to be longer and harder. But to get the best results does it matter what the creatine is taken with? And after stopping use of creatine does the muscle mass that you gained just go away, and if so what is the point of taking creatine? So generally speaking, even with all the benefits is creatine worth taking?  ***Hypothesis***- I think that in order to keep the results you get from creatine you will have to continue using it and once you stop, the results you got will go away quickly.  ***Prediction***- if the results you got from creatine use go away in a short period of time after stopping creatine, then it is simply not worth taking.  ***Main Control in Experiment***- people that use or have used creatine continue to work out under same schedule, so working out schedule is the control.    [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2002 Projects](http://docs.google.com/AP2002/index.html)][[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |