|  |  |
| --- | --- |
|  | The majority of people using Creatine supplements are between the ages of 26 and 35, accounting for 35.3% of the people we surveyed.  When conducting a Chi-Square Test we discovered that there was a significant difference at the 5% level between the ages.  the majority of the people surveyed are exercising 4-5 days a week.  The initial length of the Creatine "loading phase" should be 1-4 days and we discovered that 48.5% had followed that target.  The majority was on the target of somewhere between 15 to 20 grams a day.  Creatine should be consumed between 5 to 10 grams a day.  For the people who consumed the typical amount between 5-10 grams (or 5-7 and 8-10 grams) they experienced an average of 1.32 side effects and 4.14 benefits.  The benefits outweigh the side effects by 68.1% with the suggested consumption during the "maintenance phase".  [Page 2 of the Data](http://docs.google.com/data2.html) |

*This Web Site is Best viewed with 256 or more colors.*

*For More Information about Creekwatch, please contact Eric Thiel at* [*ethiel@pleasanton.k12.ca.us*](mailto:ethiel@pleasanton.k12.ca.us)