|  |  |
| --- | --- |
|  | Creatine Supplements increase creatine levels in the muscles so that there are greater stores of ATP, allowing athletes to do more work for a longer time in high intensity exercises. When these Creatine Supplements are used carefully and accurately people will experience more benefits than side effects.  If people use Creatine Supplements carefully and accurately then the benefits will outweigh the side effects. |

*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)