

# Phosphocreatine (PCr)

Nathaniel Yomogida, SPT

Chloë Kerstein, SPT

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“Phosphocreatine, also known as creatine phosphate or PCr, is a phosphorylated form of creatine that serves as a rapidly mobilizable reserve of high-energy phosphates in skeletal muscle, myocardium and the brain to recycle adenosine triphosphate, the energy currency of the cell”