

WHEN SHOPPING FOR CREATINE:

Look for creatine monohydrate.

It is the most-studied, safest kind of creatine supplement.

Look for safe formulations.

Third-party testing by independent groups, such as NSF certification, can ensure that the creatine you buy doesn't contain harmful substances.

Take an appropriate dose.

Usually 3-5 grams per day.

Avoid supplements marketed as proprietary blends or that promote unrealistic claims.

If it seems too good to be true, it probably is.

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