

WHAT YOU SHOULD KNOW ABOUT CREATINE SUPPLEMENTS IN CHILDREN?



Possible Benefits

- Improved thickness of type 2 muscle fibers
- Decreased muscle degeneration and increased muscle strength
- Improved neurological symptoms



Side Effects

- The limited evidence available for children shows no major side effects
- May cause weight gain, muscle cramps, and stomach upset
- Creatine monohydrate is designated as “generally recognized as safe” (GRAS)



Precautions

- Creatine supplements should be given to children only when prescribed by a doctor
- Never give more than the prescribed dose
- Buy trusted brands to avoid those contaminated with potentially harmful substances



References

1. Creatine Supplementation in Children and Adolescents; National Institutes of Health
2. Creatine, Creatine Supplements and Adolescent Athletes; Children’s Hospital Colorado
3. Creatine; Mount Sinai

