



Creatine: Nature's Muscle Builder

Ray Sahelian, Dave Tuttle

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An athlete's guide to creatine - a safe, natural supplement that builds muscle

-- Includes the results of the first survey of long-term creatine users

Scientists have only recently realized that creatine -- a natural nutrient crucial for the body's movement and muscle development -- harbors amazing potential for improving physique and sports performance. Now professional and "weekend" athletes both can benefit. This book explains how creatine works and covers the latest studies and surveys, plus explains how much to take and when.

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