

Creatine: Is the popular supplement safe for non-athletes?

“Creatine is one of the supplements where the effect on muscle growth and performance in training studies is most evident,” Truls Raastad tells sciencenorway.no.

He is a professor at the Norwegian School of Sport Sciences and does research on strength training and sports nutrition.

In other words, creatine works. However, Raastad believes it should not be recommended for people who are not athletes.

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A daily dose of this supplement, combined with exercise, can lead to slightly bigger muscles and improved performance compared to just exercising alone.

Numerous studies confirm this.

The effect is due to creatine providing muscles with a readily available energy boost when they need it. [You can read more about how this happens in this article.](#)

However, this effect does not apply to everyone, and there are still some gaps in our knowledge about the substance.

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But is it worth taking a supplement like creatine for those of us who are not athletes?

No, according to Truls Raastad.

“Regardless of how you look at it, the training you put in is the most important for the result. It is much better to focus on training well and eating well,” the professor says.

[**This is an excerpt. Read the full article here**](#)