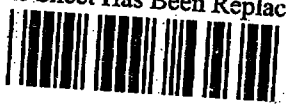
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ABSTRACT

A METHOD OF INCREASING CREATINE SUPPLY DEPOT

The invention relates generally to a method of increasing creatine supply depot of mammals having no disorders in the creatine metabolism, viz healthy, thereby increasing muscular strength, shortening the period of re-establishment of phosphorus compounds in energy after work and increasing the body of the muscles. This is achieved by the administration of creatine to the mammals in an amount of a least 15 grammes, or 0.2g-0.4g/kg body weight or preferably about 0.3g/kg body weight per day for at least 2 days. The invention describes the use creatine for the manuafacturing of a preparation to increase the muscle performance ability in an amount which supplies a daily dose as stated above and a method.