



# The Ultimate Creatine Handbook: The Safe Alternative for Healthy Muscle Building

*Joseph A. Debe, Donna Caruso*

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When it comes to nutritional supplements that build muscle and increase strength, nothing can touch creatine. It is today's most widely used and studied sports supplement, and even better, it's extremely safe. From Olympic athletes to professionals in football, baseball, strength training and a myriad of other sports, creatine provides a natural and highly effective boost in sports performance. Additionally, research demonstrates creatine's abilities to slow aging and fight various health conditions. In *The Ultimate Creatine Handbook*, you'll find all you need when it comes to creatine -- the latest research, a reader-friendly question/answer format with author Dr. Joseph Debe, case studies, and a thorough, yet concise overview of safe and effective creatine use.

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