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## Question about creatine and Protein

Posted by he4dhuntr - 2008/06/09 16:27

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Hey all,

I just started the P90X routine this morning and did my first workout. I have a question about protein and creatine.

I got myself the Kre-Alkalyn creatine and am looking at taking one every morning before my workout (I workout in the morning). I was wondering if this was a good idea or not, because I've been reading some mixed stuff about it recently.

Also, I'm looking at taking my protein mix right after my workout. I'm using the Myogenix Whey Deluxe protein powder. I'll most likely only be taking it after the weight workouts to build muscle.

Any comments on if this is what I should be doing and if anyone knows of these specific brands and some comments on them as well would be great.

Thanks a lot!

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## Re:Question about creatine and Protein

Posted by Krantze\_ - 2008/06/09 18:04

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Honestly, I've thought about taking creatine a couple of times before. Creatine is good for bulking up fast, but it can have negative side affects. I've heard that your body can become dependent on creatine to gain muscle, so later on if you stop using it it will be really hard to regain muscle without the creatine. Also, if you do take it, make sure you drink about 4 pints of water a day (or something like that) so you don't get kidney stones.

I'm not sure about the side affects if you only use it in small amounts. But if i were ever to use creatine, I would definitely only use it a little. The amount in the recovery drink, for example, is perfect for me.

\*also to anyone who takes the recovery drink remember to drink at least 4 pints of water after drinking it since it contains creatine.

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## Re:Question about creatine and Protein

Posted by Medikman - 2008/06/09 18:46

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When it comes to the protein powder, the biggest deciding factor for me is taste and price. Unless you are looking for something that has other stuff in it like the Muscle Milk, most of the protein powders are basically the same. Your local health food store should have a good variety, also I get mine from bodybuilding.com they had the best prices I could find and a huge selection.

I personally won't use creatine because I don't want to bulk up, but the protein is a good idea, if for nothing else than to hit your daily protein intake, but I take mine right after my workouts and if I am running late I have one for breakfast.

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## Re:Question about creatine and Protein

Posted by he4dhuntr - 2008/06/10 11:00

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Thanks for the replies guys.

I got my protein powder from bodybuilding.com too. It wasn't too pricy, but it tastes terrible. I just plug my nose and take it down as fast as I can. I've heard good things about it though.

My plan is to take the protein powder after the weight workouts to build muscle. Should I maybe take it after every workout? My plan for the creatine is to take it before the weight workouts. Should I take it as well before every workout? Thanks!

I'm still looking at some answers about creatine. If anyone has any more advice that would be great.

Thanks again for the answers so far!!

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## Re:Question about creatine and Protein

Posted by Storm - 2008/06/10 12:41

Creatine will help you push out that last rep when (nearly) exhausted. It helps provide the muscle energy. That's how it helps grow muscle. Nothing else.

Creatine is great supplement if you are working really hard. If you're not pushing to failure, then it does nothing for you. Repeated studies have shown significantly more lean mass gain for creatine users over non-users. Cycling on and off is recommended. I have never heard of the body becoming dependant on the supplement (please let me know if there is any legitimate data on this because I haven't seen it) and being off only hurts in that you're working on your own instead of having a bit of extra energy.

Creatine should be taken after a workout with high glycemic index carb like fruit juice. You're replacing the creatine used during the workout.

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## Re:Question about creatine and Protein

Posted by he4dhuntr - 2008/06/10 12:47

Thanks for the reply. After reading that I have two questions:

1. Should I only take creatine when I do my weight training workouts then rather than before every workout (cardio & weight)?

2. On the website that I bought my creatine "Kre-alkyn" on LivePureHealth.ca it says:  
What is the suggested method to use Kre-Alkalyn?

The directions are to take 1-2 capsules once in the morning and once prior to exercise. It is recommended that most people do not exceed 4 capsules or 3 grams a day.

So should I be taking a capsule before or after my workout?

Thanks again!

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## Re:Question about creatine and Protein

Posted by glenn - 2008/07/09 13:23

I must have missed this when first discussed. We here at Weight Loss HQ just finished a two part series on creatine. Please do spend some time reading it and comment in the forum thread I made or the comments section on the actual articles.

If you see any other topics that are not well discussed/covered we would be glad to write articles on them to help the community at large, just PM me.

Creatine Forum Thread

Glenn  
Weight Loss HQ Admin

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## Re:Question about creatine and Protein

Posted by Kevin - 2008/07/09 13:48

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Thanks Glenn.

We all need to remember to drink plenty of water if using creatine!

Kevin

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## Re:Question about creatine and Protein

Posted by Val - 2008/07/09 14:42

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Kevin wrote:  
Thanks Glenn.

We all need to remember to drink plenty of water if using creatine!

Kevin

Forget the "if using creatine" part--we all need to remember to drink plenty of water PERIOD! :P

Though I do suppose you should drink more than plenty if you are also using creatine . . . ;)

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## Re:Question about creatine and Protein

Posted by he4dhuntr - 2008/07/09 14:56

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Good articles. I agree with having to drink plenty of water either way. With creatine, I guess more.

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## Re:Question about creatine and Protein

Posted by Kevin - 2008/07/09 14:57

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Right on, glenn!!

Got my quart jug right here at the office and I drink 4 full jugs per day. THEN I go home to P90X and probably another half gallon!

I love smiling kidneys![http://www.weightloss-hq.biz/components/com\\_fireboard/template/default/images/english/emoticons/w00t.png](http://www.weightloss-hq.biz/components/com_fireboard/template/default/images/english/emoticons/w00t.png)

Kevin

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