

Liquid Creatine

Studies have shown that Creatine serum and Creatine powder provide the same results, which have dispelled the misconception that Creatine serum is better than Creatine powder. However, apart from the similar results that both of them provide, there are some stark differences between the way Creatine serum is taken as compared to how Creatine powder is taken. These differences are mainly due to the difference in the characteristics of the two types of Creatine supplements. Among these, one of the most obvious is that because Creatine serum is in liquid form, the way it is taken and its dosage is very different from how Creatine powder is taken. Given this, it is then very important that people who have decided to use Creatine serum should be aware of the proper way to use them, as this can determine the effectiveness of the Creatine supplement. Taking liquid Creatine One of the biggest differences between taking Creatine powder and Creatine serum is that in taking Creatine serum, there is no need for a loading phase (initial stage in taking Creatine powder characterized by taking large doses of supplement), because serum is absorbed quickly in the blood stream. In addition to this, the maintenance phase is also eliminated for the same reason given for why there is no need for a loading phase. This means that people taking Creatine serum only need to take the supplement during the times when they would work out. Another difference is that when people take Creatine serum, they do not need to increase their fluid intake because the fluid that is drawn to muscles is not as significant as the amount of fluid that is drawn to the muscles during the loading phase when people take Creatine powder. However, this does not mean that people taking Creatine serum should not adequately hydrate themselves. Although studies have shown that Creatine powder and Creatine serum provide the same results, there are still stark differences between the two, which include the way they are taken and their dosages. Given this, the option to take Creatine serum should be accompanied with research on how to properly use Creatine serum and on the right dosage that people should take. This is because the right knowledge on these can help people maximize the benefits they can get out of the Creatine serum they are taking.

About the Author

Body Building Charts Muscle Training Exercise Charts Workout Toning Aerobic Training Charts Wall Charts Weight Lifting Exercise Training.

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