

Strategic Ingestion of Creatine Supplementation and Resistance Training in Trained Young Adults

NCT06438887

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Regina
Enrollment	52 participants

Key Eligibility Criteria

Inclusion (2)

- Physically active (performing structured resistance training \geq 2x/week for e 4 weeks)
- Males and females (age 18-39)

Exclusion (3)

- Pregnant or nursing
- Have consumed creatine monohydrate within 30 days prior to the start of the study
- Pre-existing allergies to the placebo

Locations (2 total)

University of Regina, Regina, Saskatchewan, Canada
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