

ExtremeCreatineXXXL™

Purpose & Rationale

Supplies a stimulant-free, performance enhancing, product containing creatine monohydrate, beta-alanine, and glutamine. Proper dosing of creatine and beta-alanine alone or together safely improves training outcomes and performance in athletes participating in high-intensity activities, such as jumping, sprinting, weightlifting/bodybuilding. Additionally, it improves crossover activities, including team sports that require on and off bursts of power, such as football, baseball, rugby, and hockey. The addition of glutamine in an effective dose appears justified based on the named athletes now training at a higher level, thus requiring enhanced recovery mechanisms in pathways glutamine is known to stimulate. There is also a convenient and economical factor involved with ExtremeCreatineXXXL. Two daily servings have a clinically effective dose of all three ingredients (5 g of creatine, 3.2 g of beta-alanine, 7 g of glutamine), making it a 30-day supply of all three ingredients. Therefore, as a standalone supplement, it contains the maintenance doses of the three ingredients that deliver results. Although there will be almost immediate gains, it may take up to 25 days to start realizing maximum benefits based on bypassing the higher dose creatine and beta-alanine loading periods as shown in their respective [PDSRG](#) sections.

Typical Use

- All adult athletes and intense exercisers seeking to improve training outcomes related to lean body mass, strength, and power activities. Usage also translates to other sports requiring repetitive bursts of speed and power.
- As a stand-alone product:
 - Take two scoops daily to achieve immediate training benefits and reach near-maximum creatine and beta-alanine supplemented levels within 28 days. Continue throughout the desired training period (always take with some protein and carbohydrates, but within allotted calories based on body-composition goal).
 - To stack with other products for size and performance benefits, see Tables 1, 2, and 4.

Unique Features

- Contains Creapure®, a pure creatine monohydrate made in Germany, which helps creatine remain stable during digestion. This renders it almost fully available to the body, increasing its potential to enhance training outcomes when compared to other creatine products.
- Contains beta-alanine in a patented form known as CarnoSyn®.
- Contains L-glutamine in a stable, patented dipeptide form (magnesium glycyl glutamine chelate).
- Stimulant-free powdered form with relatively neutral flavoring to allow for easy mixing with other products.
- NSF Certified for Sport, an independent third-party test that ensures potency and purity for drug-tested athletes.
- Vegan-friendly.

Contraindications

Although there is no supporting evidence, persons regularly using nephrotoxic drugs (drugs that harm kidney function), such as cyclosporine, aminoglycosides, gentamicin, nonsteroidal anti-inflammatory drugs (NSAIDs), naproxen and others, should not use high doses of creatine without a doctor's consent.^{252,253} Persons with bipolar disorder should consult a physician regarding creatine use since there have been reports of mania in people with this disorder.²⁵⁵ Athletes who wish to prevent weight gain should avoid this product. Women who are pregnant or lactating are contraindicated because of a lack of data for these populations. Beta alanine supplementation currently appears to be safe in healthy populations at recommended doses.²³³ The only reported side effect is paresthesia (tingling), but studies indicate that this is harmless and can be attenuated by using divided lower doses (1.6 g).^{233,256,257} Glutamine supplementation is contraindicated in those with kidney problems or at risk for kidney disease because of possible increased kidney stress.²⁵⁸ Any persons using anticonvulsants, (or any drug used for epilepsy)²⁵⁹ and Lactulose should avoid glutamine supplementation. Theoretically, glutamine might antagonize the anti-ammonia effects of lactulose because glutamine can be metabolized to ammonia.²⁶⁰