

Can creatine monohydrate supplementation improve vascular health?



Email for more information on how to get involved and help us find out!

Study purpose:

This research study will investigate the local and systemic effect of creatine monohydrate, a common nutritional supplement on vascular health.

Participants will be asked to:

Consume a high carbohydrate meal pre and post creatine supplementation and have multiple measures of vascular health performed. Two study periods of 11 days with a 4-week washout period.

Participants will receive:

- DXA body composition scan
- 5 days of creatine monohydrate supplementation
- \$200 upon study completion

Paul Baker, Ph.D. Candidate in the Department of Nutrition and Integrative Physiology is conducting this research study.



Are you eligible?

- Men and women that are between 18-70 years.
 - Sedentary
- Body Mass Index between 25.0-34.9 kg/m²
- Do not regularly take creatine or any antioxidant supplement.

Location:

Study visits will be at the William Johnston Building and the Institute of Sports Sciences and Medicine Building on the FSU campus.

If interested, please email pab18df@fsu.edu or scan QR Code for more information.

