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***Creatine.***

Not all "Creatine" supplement for dogs are born equal.

As supplement – find the best Creatine product – With 100% clinically proven laboratory tested pure pharmaceutical grade monohydrate – no fillers – no sodium - no sugar -no artificial flavors - fast absorbing micronized for fast absorption.

Easy available Creatine as supplement come in powder form.

Great tasting and easy to add to whatever you feed your dog.

Creatine is not a muscle builder supplement.

Creatine is an amino acid derivative naturally formed in the liver, kidneys, and pancreas from the amino acids "arginine, glycine, and methionine".

Creatine are also naturally found in red meat, chicken, turkey and fish.

### **Why the need to supplement Creatine?**

Supplementing with Creatine as amino acid because it will give the working dog tremendous muscle recovery after and during exercise (then given as a daily supplement) and naturally also builds and maintains muscle definition.

Creatine phosphate is a well-known popular supplement for human athletes and also appropriate for our working APBT sporting dogs – Creatine also aid with building stronger muscle, power and size!

**Know this!** ... It is one of the first **non-steroid types of anabolic** ever found and safe to use for your dog and **does not** alter any hormones in the body.

### **Looking at the working of Creatine.**

**Know this!** ... When a phosphate breaks loose, energy is released. The job then of the supplemented Creatine is to replenish the phosphates in the APT {ATP: Adenosine triphosphate} to keep them running. <https://www.khanacademy.org/science/high-school-biology/hs-energy-and-transport/hs-introduction-to-metabolism/v/adenosine-triphosphate>

By increasing the volume of Creatine in the body to power APT you thereby increasing your dog's working stamina and thereby helping the dog to break down more muscle during workouts.

During recovery - your dog's body will naturally rebuilds, repairs and creates more muscle fibers to create more muscle on your dog's body.

As supplement Creatine aids in the body the production of ATP which are the energy molecules that store energy found in muscle, the fuel ... then when utilized **on demand** drives a burst of muscle contractions, **resulting in** intensified short bursts of energy **when needed**.

It also aid in building lean body mass by helping the muscles to work longer.

**Thereby allowing the dog trainer to train harder for the dog to pull and drag more weight to run longer and enabling the dog to endure for longer during the conditioning program or keep.**

It is the **increase in exercise (intensity of the keep)** which results in building lean body mass - muscle, not Creatine alone.

**Creatine is a three amino acid peptide** that was initially discovered as part of the energy systems on a cellular level - as supplement became a very integral part during conditioning the dogs body to replenish the dogs reserves of the Anhydrous, Tri-Phosphate (ATP) the body then relies on ... the molecular fuel that provide the power for muscular contractions.

**As a supplement it then would be responsible for your dog's muscle development which in turn results in leaner and stronger conformation.**

ATP is then used as the primary fuel source, valuable for a short term needed source of energy it provides and also provide strength during strenuous workouts and conditioning activities.

**This then resulting in your dog's "conditioned look"** muscle growth and gain in lean mass – also resulting the increase explosive muscle power on demand (what APBT's are famous for) and the ease performance during strenuous exercise – for that extra energy for the cells then to help the body to power when needed most in competition (intense rate of muscular strength and stamina) doing it for you.

**However**, after the initial reaction period ... after time elapse, your dog's then stuck with little ATP reserves which will might mean low on fuel ... in the meantime then (also because of the regular daily supplementing of Creatine before and during the keep) your dog's body's demand turns to the dogs own natural Creatine phosphate stores in the muscle and naturally within the body produced Creatine for continuous or immediate fuel.

These then can very quickly be converted to Adenosine Triphosphate (ATP).

**Creatine is naturally produced and stored in the dog's body.**

Creatine is anyway also ingested in feeding the dog red meats, chicken, turkey and fish as part of whatever you feed.

**Looking at included health effects:**

Explosive muscle power.

Strength and stamina and physical performance.

Gains in lean mass (muscle growth).

Enhance liver health.

Neuro-protective and other helpful benefits - because it's a source of energy for the body cells.

### **About false claims for Creatine for dogs – be better informed:**

It does not alter hormones in the dog's body.  
Creatine is not illegal and not a really a steroid.  
Creatine is nor a mussel building enhancer.  
Creatine is safe for dogs.  
There is no side effects.

### **Research study reference.**

During 1920 Cornell University study on Creatine in dogs:  
Discovered a sharp rise in protein and nitrogen retention with added Creatine in dog's diet.  
Protein retention is extremely important because it is stored in the muscle tissues.

**Fact** – proteins are the building blocks to muscle.

### **Safe for use with dogs.**

Creatine is natural, anabolic steroids commercial substances.  
No ever proven case reported where a dog taking Creatine has become seriously ill or died.  
Creatine has a lot of evidence to support its safety as extra supplement in the dogs food (because it's also found naturally in food), plus it's cheap and can be supplemented indefinitely.

### **Dosage.**

To ensure maximum deliverance of Creatine in your dog follow the recommend dosage directions on the label of your product.  
This will ensure your dog is getting the appropriate amount in their diet.  
Avoid overtraining your dog.  
Always have plenty of water available at all times.  
As for the APBT in keep, ensure they get plenty of rest and breaks during and after workout.

