

Forum:[Hack Forums](#)

Thread: [Creatine non-responders](#)

Canadian - February 13, 2018, 5:01 am

When I was younger, around 16, I tried creatine monohydrate and it just gave me gas and explosive diarrhea. I am now taking it again(in pill format, better on my stomach) and I swear it doesn't do anything to me. I recall candito saying he was a nonresponder and with all the research on it, I thought the likelihood would be slim of people actually not responding to it. I took a few months off it and my progress was the same, I was gaining strength at the same rate as I was when I was on it for the prior 2 months before stopping. Anyone else experimented and came out dissapoint with creatine?

Jester Race - February 13, 2018, 7:08 am

Lmao do you expect creatine to be some kind of steroid? The increase in atp synthesis doesnt mean your strength will skyrocket, at most you should be seeing like 2% strength increase

AVeryBritishMan - February 13, 2018, 8:21 am

(Feb 13, 2018 08:08 AM)Jester Race Wrote: [\[CITE\]](#) Lmao do you expect creatine to be some kind of steroid? The increase in atp synthesis doesnt mean your strength will skyrocket, at most you should be seeing like 2% strength increase

Actually I disagree with what you say... creatine kinda doe act like a steroid ^^ nothing like decca but it certainly does the job if you're using it to gain mass... once you stop taking it you lose all your size though.

Canadian - February 13, 2018, 9:34 am

(Feb 13, 2018 08:08 AM)Jester Race Wrote: [\[CITE\]](#) Lmao do you expect creatine to be some kind of steroid? The increase in atp synthesis doesnt mean your strength will skyrocket, at most you should be seeing like 2% strength increase

I had no such expectations. From what I've read, after a month, you should seen better performance apparently(ex. A few extra reps, slight change in duration,etc). I failed to see such benefits. Idk if it's because I've been listing for a bit or what, but it did nothing for me. I record everything I do in the gym in notes and I went back and forth, nothing changed or altered. I

Caliban - February 13, 2018, 9:53 am

Tbh creatine isnt worth the money

the anti doping guys didnt even ban it cuz the effects are so minimal

Canadian - February 13, 2018, 1:55 pm

(Feb 13, 2018 10:53 AM)Caliban Wrote: [\[CITE\]](#) Tbh creatine isnt worth the money

the anti doping guys didnt even ban it cuz the effects are so minimal
Maybe the effects are more prominent in the newer lifters ? Those are world class athletes being tested right ?

J4cked - February 14, 2018, 4:58 pm

(Feb 13, 2018 10:53 AM)Caliban Wrote: [\[CITE\]](#) Tbh creatine isnt worth the money

the anti doping guys didnt even ban it cuz the effects are so minimal

You can buy a \$15 bottle of creatine with 150 servings. Unless you're broke as fuck and absolutely can't afford it don't buy it. It's worth the money even though it's only \$15. There's some brands that cost like \$60 for 100 servings which is indeed a waste of money. There's a \$15 bottle on Amazon

aimware - February 14, 2018, 11:08 pm

<https://www.amazon.com/Monohydrate-Micronized-BulkSupplements-Performance-Bodybuilding/dp/B00E9M4XEE?th=1>

200 +/-5 days worth of creatine doses for those looking to buy. Completely flavorless, you can mix it into water and it'll taste like water.

Creatine doesn't really do much at all, it's just something to throw on top of your stack and if your nutrition and training is quality, it'll give you a little extra boost.

Canadian - February 17, 2018, 4:14 pm

(Feb 15, 2018 12:08 AM)aimware Wrote: [\[CITE\]](#)

<https://www.amazon.com/Monohydrate-Micronized-BulkSupplements-Performance-Bodybuilding/dp/B00E9M4XEE?th=1>

200 +/-5 days worth of creatine doses for those looking to buy. Completely flavorless, you can mix it into water and it'll taste like water.

Creatine doesn't really do much at all, it's just something to throw on top of your stack and if your nutrition and training is quality, it'll give you a little extra boost.

Same can be said about the majority of legal supplementation.

Lmao @ link question and answer

Q: what's the difference between 99.99% and 100% micronized creatine?

A: .01% purity