



DOSAGE GUIDELINE CHART

CREATINE MONOHYDRATE LOADING AND MAINTENANCE DOSAGE GUIDELINES

LEAN MASS		MALE		FEMALE	
LBS	KG	LOADING	MAINTENANCE	LOADING	MAINTENANCE
80	36	9 g	2.25g	6g	1.50g
90	41	10 g	2.50g	7g	1.75g
100	45	11 g	2.75g	8g	2.00g
110	50	13 g	3.25 g	9g	2.25g
120	55	14 g	3.50g	10g	2.50g
130	59	15 g	3.75g	10g	2.50g
140	64	16 g	4.00 g	11g	2.75g
150	68	17 g	4.25 g	12g	3.00g
160	73	18 g	4.50 g	13g	3.25g
170	77	19 g	4.75g	13g	3.25g
180	82	21 g	5.25g	14g	3.50g
190	86	22 g	5.50g	15g	3.75g
200	91	23 g	5.75g	16g	4.00g
210	95	24 g	6.00g	17g	4.25g
220	100	25 g	6.25g	18g	4.50g

Loading phase is optional (five days)

.5 g / kg / muscle weight only (M/F)

To avoid extreme changes in intracellular fluid volume and thus any undesirable "weight gain", endurance athletes should avoid the loading phase and consume the maintenance dosage recommended post-workout (this will modify the cell volumizing effect, but still help reduce lactic acid, improve lactate threshold and improve muscle fiber stress tolerance).