

# KREATIN

*Meaning: KREATIN is a naturally occurring compound in the body that helps supply energy to muscles, commonly used as a dietary supplement to enhance athletic performance and support muscle growth.*

1. KREATIN is often used by athletes to enhance their performance during high-intensity exercises.
2. Many fitness enthusiasts incorporate KREATIN into their supplement regimen to support muscle growth.
3. Research suggests that KREATIN may improve recovery times after strenuous workouts.
4. Some people experience weight gain when they start taking KREATIN due to increased water retention in the muscles.
5. It's important to stay hydrated while using KREATIN, as it can affect your body's water balance.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/kreatin>*