

Best Creatine Supplement – 4 Essential Aspects of the Best Creatine Supplement

If you've been researching the supplement industry for very long, you have probably discovered that most of the products out there are complete JUNK. However, one supplement that has proven time and again to be truly effective is creatine. Still, you must be careful to avoid bogus creatine products, as well.

This article will explain the 4 most essential things you should look for when looking for the best creatine supplement. If you follow these tips, you are sure to spend your hard-earned money on a quality product. At the end of the article, you can find a comprehensive guide to building muscle, including the most crucial information on training, nutrition, and even supplementation.

1. Make Sure You Buy Creatine Monohydrate

When looking for the best creatine supplement, you must first learn what types of creatine are available. There are a few new types of this supplement, the most prominent of which is creatine ethyl ester. Though it is marketed as some great improvement upon the original, it is really just an extremely bitter-tasting, unmixable, higher priced version of basically the same thing.

You should stick with the best creatine supplement, which is the monohydrate variety. This is the supplement on which thousands of tests have been performed, and which countless bodybuilders and weight lifters have found to be the most effective.

2. Avoid Mixed Creatine Supplements

Many supplement companies sell basic creatine products mixed with other, supposedly amazing ingredients. What you must know is that this is really just a marketing ploy to get you to buy creatine at a ridiculously high price.

The ingredients mixed with the creatine are usually just various forms of sugar and starch. While it can be very beneficial to combine your creatine with some type of sugar drink, you should never pay as much for the combination as these companies charge. The best creatine supplement is still the simplest.

3. Only Buy Dirt Cheap Creatine

One of the things that is so great about creatine, and that has allowed it to become the most popular muscle building product, is its extremely low price. You should never, ever pay more than about 10 cents per 5 gram serving. The best creatine supplement will have this cost, or lower. Make sure you compare the price of the whole container to the number of 5 gram servings to get the best deal.

4. Combine Your Creatine Supplementation With A Good Muscle Building Program

All the good supplements in the world won't build you any muscle if your weight training and nutrition are not on point. Without a comprehensive plan for gaining strength, eating to grow, and taking the right supplements, you will never gain an ounce!

Learn more about how to find the best creatine supplement, other products, important nutrition information, and essential weight training tips. Most people that lift weights gain almost no muscle – don't be one of them!