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## **Fit 4 Ever: Is Creatine Safe?**

In last month's article we opened up a discussion about the safety of over-the-counter (OTC) supplements. This month we will focus on one of the most popular and high-profile supplements: creatine.

The use of creatine by athletes at the professional and amateur levels has skyrocketed in the last 10 years. Sales of creatine products have grown from \$30 million in 1995 to nearly \$500 million in 2005.

### **Bible Reference:**

Psalms 20



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