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Animal Naturals

What does this popular performance supplement have to do with feeding your dog a natural diet? More than you might think.....

Look inside pro training rooms, talk to serious athletes, read sports science journals and you'll see Creatine (cree'-ah--tun) being discussed. And with the trickle down effect, performance dog fanciers are asking questions as to whether this supplement might improve their performance.

In dozens of well-controlled scientific and medical studies, Creatine has been shown to fuel muscle energy, boost power performance and enhance recovery. Creatine has a strong safety record as well.

I feel qualified to speak about Creatine and dogs. I helped formulate and introduce the first commercial Creatine products for athletes for UNIPRO 15 years ago. I also began testing Creatine supplements on dogs at about the same time.

What is Creatine?

First, what Creatine is not. Creatine is not a kooky California fad, or the latest health nut potion. Just the opposite, Creatine is a scientifically validated food supplement. Moreover, Creatine is a more than a supplement; it is actually a lost nutrient from the wild food chain of wolves and wild dogs.

Creatine is a natural element of the wild food chain. Creatine is stored mainly in muscle and in nerve tissues in both humans and dogs.

The canine body obtains Creatine in two ways. First, after eating protein, the dog's body links two amino acids to form Creatine. In this way, the canine body makes its own Creatine. The second way dogs obtain Creatine is from the protein foods they eat. Creatine is naturally occurring in the canine diet in meats. After eating meat, some of the Creatine is absorbed. So the dog obtains Creatine two ways. First, the body makes some of its own. Second, Creatine is extracted from the meat dogs eat.