



# Cognitive and Physical Benefits of Creatine Supplementation

## Description

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Creatine is a natural compound found in our bodies that helps improve strength and muscle mass. It also plays a role in things like growth in children and brain health.

Our bodies make creatine, and we also get it from protein-rich foods. It helps produce energy at the cellular level, like carbohydrates, and supports muscle growth.

Creatine is popular in sports for increasing performance and muscle mass. It may also benefit elderly individuals and help with brain function.

Research suggests creatine could have positive effects on overall health by protecting cells, strengthening bones, and managing cholesterol levels.

Experts believe creatine supplements are beneficial for most people, especially those who don't eat meat or fish. It may even be added to certain foods in the future.

Creatine can be taken as a powder, pills, or gummies, with the most common type being creatine monohydrate.

It's generally safe, but some may experience mild side effects like dehydration or stomach discomfort.

Consult a doctor before starting any supplement regimen.

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## Vocabulary List:

1. **Creatine** /kree-uh-teen/ (noun): A natural compound found in the body that helps improve strength and muscle mass.
2. **Performance** /pər'fɔːr.məns/ (noun): The act of performing a task or activity particularly in sports.
3. **Supplement** /'sʌp.lɪ.ment/ (noun): A product taken to enhance or support health often in a pill or powder form.
4. **Dehydration** /,diː.haɪ'dreɪ.ʃən/ (noun): A condition resulting from excessive loss of water from the body.
5. **Elderly** /'el.dər.li/ (adjective): Relating to older people typically those who are advanced in age.
6. **Cholesterol** /kə'les.tə.rəl/ (noun): A type of fat found in the blood that is important for various bodily functions but can lead to health issues when levels are too high.

## Comprehension Questions

### Multiple Choice

1. What is creatine?

Option: A synthetic compound used in bodybuilding supplements



- Option: A natural compound found in our bodies
- Option: An artificial sweetener
- Option: A type of vitamin

2. What role does creatine play in the body?

- Option: Helps with digestion
- Option: Supports muscle growth and energy production
- Option: Improves eyesight
- Option: Boosts immunity

3. For whom are creatine supplements believed to be beneficial?

- Option: Only professional athletes
- Option: People who eat meat and fish regularly
- Option: Most individuals, especially those who don't eat meat or fish
- Option: Children only

4. How can creatine be consumed?

- Option: Only in liquid form
- Option: As a powder, pills, or gummies
- Option: Mixed with caffeine
- Option: By injection only

5. What is the most common type of creatine supplement?

- Option: Creatine monohydrate
- Option: Creatine phosphate
- Option: Creatine ethyl ester
- Option: Liquid creatine

6. What advice is given regarding starting a creatine supplement regimen?

- Option: Consult a personal trainer
- Option: Start immediately without any consultation
- Option: Consult a doctor
- Option: Ask friends for recommendations

### True-False

7. Creatine is a synthetic compound.



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8. Creatine can help with brain function.
  9. Creatine supplements are beneficial only for athletes.
  10. Creatine is found in protein-rich foods.
  11. Creatine supplements have no side effects.
  12. Creatine may be added to certain foods in the future.

### Gap-Fill

13. Creatine may help improve strength and muscle mass. It also plays a role in things like growth in children and \_\_\_\_\_ health.
14. Experts believe creatine supplements are beneficial for most people, especially those who don't eat \_\_\_\_\_ or fish.
15. Creatine can be taken as a powder, pills, or \_\_\_\_\_.
16. Consult a \_\_\_\_\_ before starting any supplement regimen.
17. Creatine is generally safe, but some may experience mild side effects like dehydration or \_\_\_\_\_ discomfort.
18. Our bodies make creatine, and we also get it from \_\_\_\_\_-rich foods.

### Answer

**Multiple Choice:** 1. A natural compound found in our bodies 2. Supports muscle growth and energy production 3. Most individuals, especially those who don't eat meat or fish 4. As a powder, pills, or gummies 5. Creatine monohydrate 6. Consult a doctor

**True-False:** 7. False 8. True 9. False 10. True 11. False 12. True

**Gap-Fill:** 13. brain 14. meat 15. gummies 16. doctor 17. stomach 18. protein



## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What is a common dietary supplement used to enhance athletic performance?  
Option: Protein  
Option: Creatine  
Option: Vitamin C  
Option: Iron
2. High levels of which substance in the blood can increase the risk of heart disease?  
Option: Calcium  
Option: Cholesterol  
Option: Magnesium  
Option: Potassium
3. Which greenhouse gas is primarily produced by livestock farming and decomposition of organic matter?  
Option: Carbon Dioxide  
Option: Ozone  
Option: Methane  
Option: Nitrous Oxide
4. Which term describes a situation where a single company or group owns all or nearly all of the market for a product or service?  
Option: Monarchy  
Option: Competition  
Option: Oligopoly  
Option: Monopoly
5. Which term means to help or assist someone or something?  
Option: Abandon  
Option: Support  
Option: Undermine  
Option: Ignore
6. Which term refers to the presence in or introduction into the environment of a substance or thing that has harmful or poisonous effects?



- Option: Environmentalism
- Option: Pollution
- Option: Conservation
- Option: Sustainability

7. What type of organizational structure distributes decision-making powers to a local level?

- Option: Centralized
- Option: Hierarchical
- Option: Decentralized
- Option: Vertical

8. Which field involves the activities associated with governance of a country or area?

- Option: Science
- Option: Politics
- Option: Economics
- Option: Technology

9. Which term describes being responsible for something or obligated to report explain or justify actions?

- Option: Negligent
- Option: Accountable
- Option: Irresponsible
- Option: Unreliable

10. Which term means to keep safe from harm injury or destruction?

- Option: Expose
- Option: Protect
- Option: Endanger
- Option: Vulnerable

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ people are more susceptible to certain health conditions.

12. \_\_\_\_\_ are individuals or entities that release significantly more greenhouse gases than the average.

13. A \_\_\_\_\_ is a legal action brought to resolve a dispute.

14. Facing \_\_\_\_\_ can lead to personal growth and development.





15. Data \_\_\_\_\_ can compromise sensitive information.
16. A \_\_\_\_\_ is formed when two or more parties agree to work together towards a common goal.
17. A \_\_\_\_\_ is a person who suffers harm or injury as a result of a wrongful act.
18. The \_\_\_\_\_ of a product can be influenced by various marketing strategies.
19. Celebrities often have a significant \_\_\_\_\_ on their followers.
20. Engaging in \_\_\_\_\_ practices can lead to conflicts of interest.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Lack of adequate water intake can lead to the condition of .
22. One of the goals of environmentalists is to natural habitats and wildlife.
23. The average weather conditions prevailing in an area over a long period is known as the .
24. Unsubstantiated can harm a person's reputation.
25. The earthquake caused a disruption to the region displacing thousands of people.
26. Friends and family often provide emotional during challenging times.
27. Efforts to historical landmarks ensure they are maintained for future generations.
28. Reducing carbon is essential for combating climate change.
29. plays a significant role in shaping government policies and decision-making processes.
30. Antitrust laws aim to prevent the formation of in the marketplace.

## Answer

**Multiple Choice:** 1. Creatine 2. Cholesterol 3. Methane 4. Monopoly 5. Support 6. Pollution 7. Decentralized 8. Politics 9. Accountable 10. Protect

**Gap-Fill:** 11. Elderly 12. Super-emitters 13. Lawsuit 14. Challenges 15. Leaks 16. Partnership 17. Victim 18. Popularity



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19. Influence 20. Self-dealing

**Matching sentence:** 1. Dehydration 2. Protect 3. Climate 4. Accusations 5. Massive 6. Support 7. Preserve  
8. Emissions 9. Politics 10. Monopoly

## **CATEGORY**

1. Sci/Tech - LEVEL2

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