

## **Creatine, cognitive function and brain injury**

**Eric Rawson**

The effects of creatine supplementation on skeletal muscle, including: increased muscle creatine, improved performance, increased strength, and enhanced fatigue resistance, are well described. New research supports that creatine supplementation can also increase brain creatine and subsequently improve cognitive processing. Further, preliminary data supports that creatine supplementation plays a role in reducing the severity of and/or enhancing recovery from a traumatic brain injury (i.e. concussion). Finally, new data highlights the deleterious effects of a low creatine diet on brain health. This session will review the effects of dietary and supplemental creatine ingestion on cognitive processing, brain injury, and brain health.