

Supplementary File

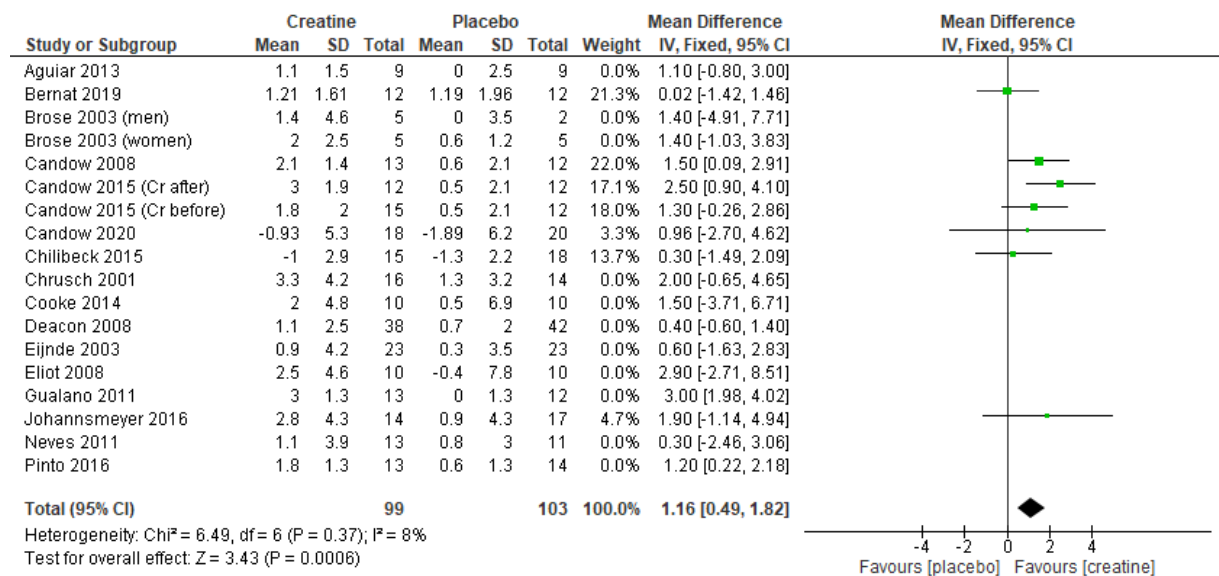


Figure S1: Forest plot for lean tissue mass with the inclusion of only high dose studies that did not include a creatine loading phase.

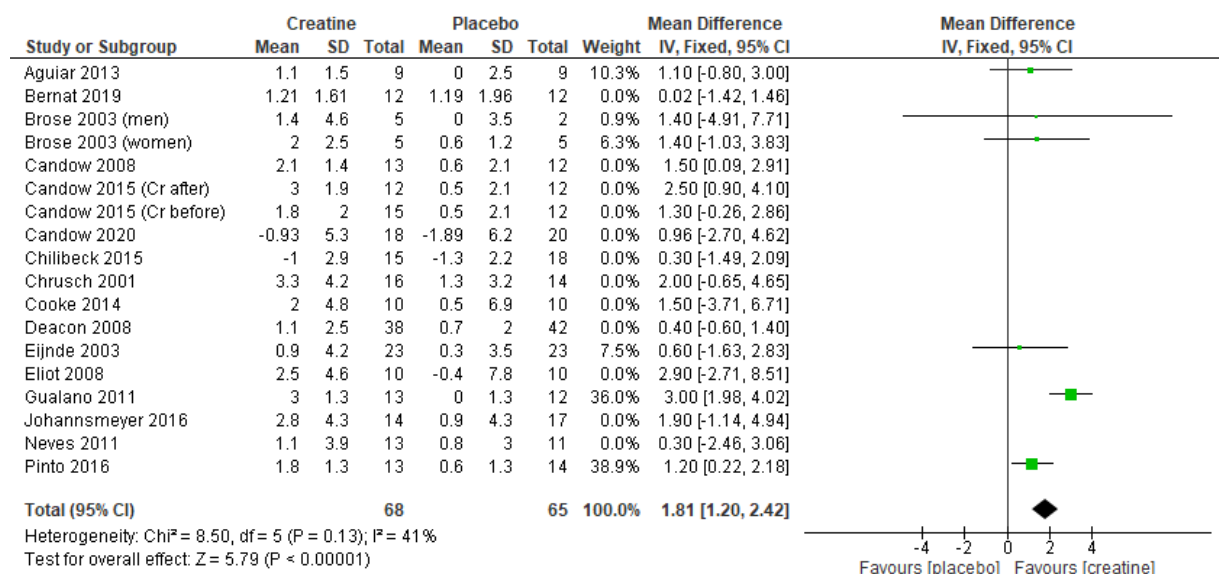


Figure S2: Forest plot for lean tissue mass with the inclusion of only low dose studies that did not include a creatine loading phase.

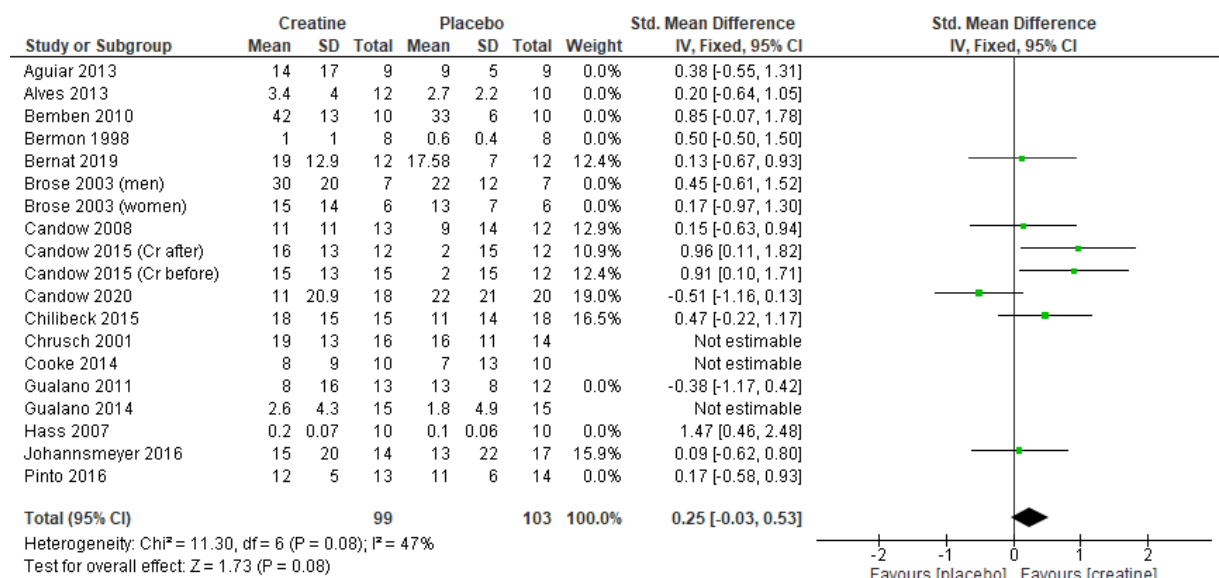


Figure S3: Forest plot for chest press strength with the inclusion of only high dose studies that did not include a creatine loading phase.

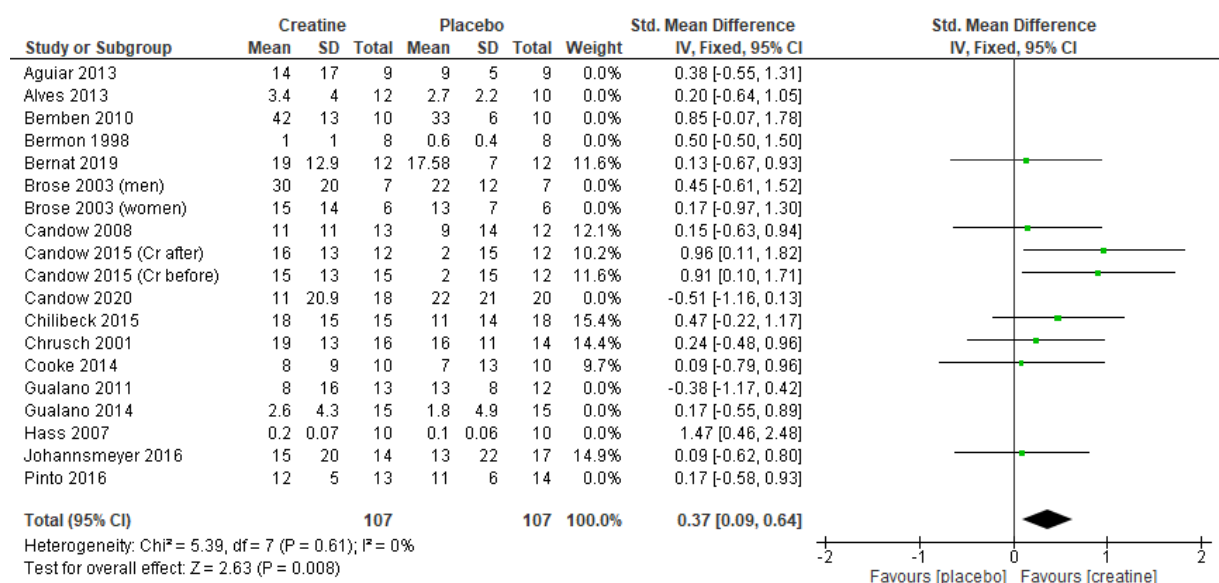


Figure S4: Forest plot for chest muscle strength with the inclusion of only high dose studies (> 5 g/day) with a sensitivity analysis showing that Candow et al. 2020 exclusion significantly altered the findings.

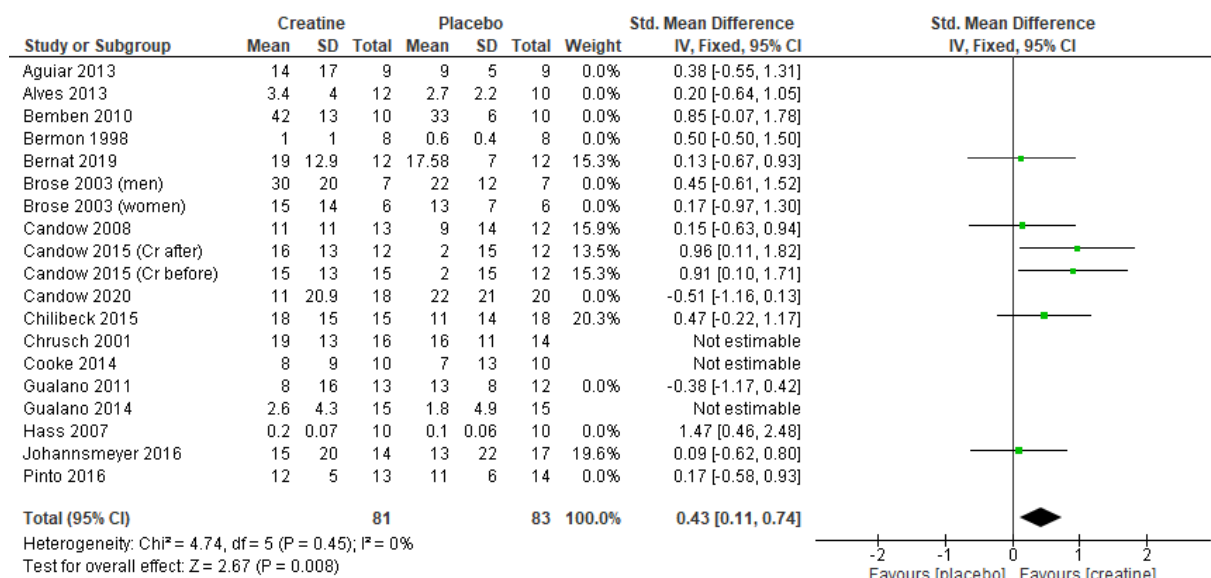


Figure S5: Forest plot for chest muscle strength with the inclusion of only high dose studies (> 5 g/day) that did not include a loading phase with a sensitivity analysis showing that Candow et al. 2020 exclusion significantly altered the findings.

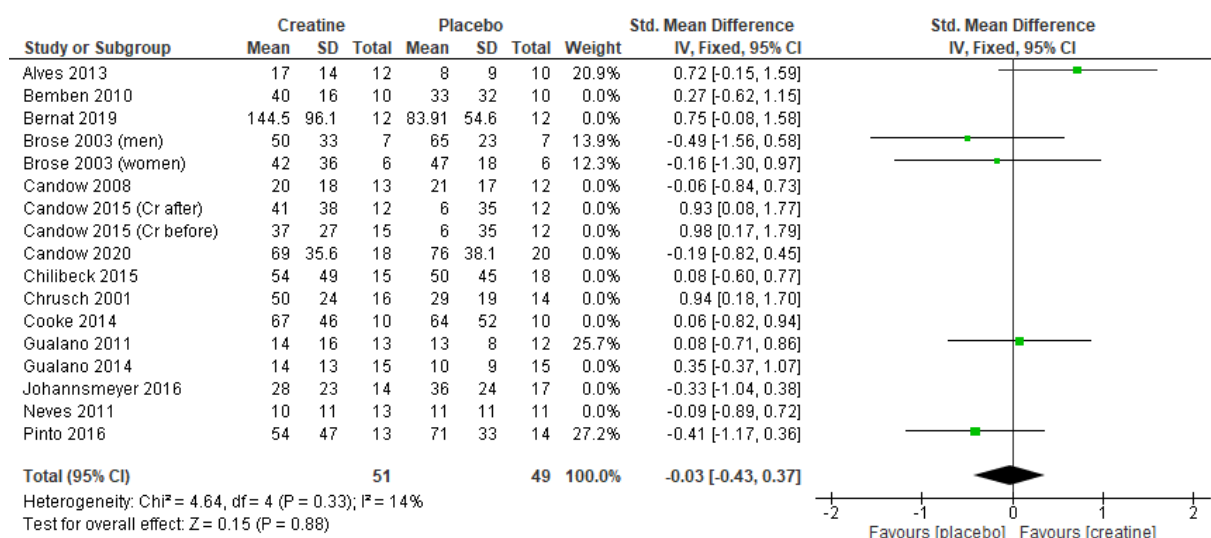


Figure S6: Forest plot for leg press strength with the inclusion of only low dose studies (\leq 5 g/day) that did not include a creatine loading phase.