



Participants needed for a study on the effects of creatine supplementation on long COVID symptoms

We are looking for adults aged 18–65 years old Living with Long COVID-19

Our purpose is to determine if 8 weeks of creatine supplementation can improve fatigue, cognitive function, and exercise capacity in people with Long COVID.

The study involves supplementation with creatine for 8 weeks with exercise testing and questionnaires at the Merlis Belsher Place, University of Saskatchewan. The total time commitment is 4-5 hours.

This study is being conducted by Phil Chilibeck, Ph.D. in the College of Kinesiology, University of Saskatchewan and has been approved by the University of Saskatchewan Biomedical Research Ethics Board.

If interested, please contact:

Phone: 306-966-1305 (please leave a message) or email: Chilibeck.research@usask.ca