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max workout club high intensity interval training - *the guaranteed get fit feel great or get your membership dues back online workout club and coaching program*, **creatine what happens once you stop taking creatine** - 402 responses to *what happens once you stop taking creatine moe nasr says 20070327 7 09 pm ive been working out for 3 years without taking any kind of supplements and i started from a month ago to take creatine with whey protien i wanna ask if i stop using creatine but still worknig out does my muscles shrink or get smaller and does creatine or whey protien makes acne in the biceps*

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