

Supplements: Creatine



Creatine Monohydrate: A Simple Supplement for Strength, Energy & Healthy Aging

As we age, we naturally lose muscle—a condition called sarcopenia. This can lead to weakness, fatigue, and increased risk of falls. One supplement shown to help fight this is Creatine Monohydrate.

What Is Creatine?

Creatine is made from two amino acids: arginine and glycine. We get about half from food (like meat and seafood), and the rest is made by our liver and kidneys. 95% of creatine is stored in our muscles, and about 5% in the brain.

Why does Creatine Matter?

In Muscles:

- Increases hydration (drink with a full glass of water)
- Helps grow and repair muscle
- Boosts energy stores (ATP)
- Supports hormone IGF-1 for muscle growth
- May reduce inflammation



In Performance:

- Increases strength (e.g. lift 30 lbs instead of 20 lbs)
- Improves endurance and stamina
- Supports high-intensity movement like stairs or quick walking

In the Brain:

- May help with brain energy and clarity

How to Take Creatine

Loading Phase (first 7 days):

Take 3-5 grams, 4 times per day, for 5-7 days (total of 12-20 grams per day).

Maintenance Phase (from week 2 onward):

Take 3-5 grams, once daily.



Take with meals or a snack that includes carbohydrates and protein.

Note: These instructions may differ from what is listed on the product packaging; please follow these directions instead.

Is Creatine Safe?

Yes.

Creatine has been studied for decades and is safe for long-term use. Some people may show a slight rise in creatinine levels on lab tests—this is harmless but tell your doctor you're using it.

What to Buy



Look for Creatine Monohydrate—available at most pharmacies or grocery stores. Choose a simple, affordable powder with no added ingredients or flavors. No need to spend more on fancy versions!