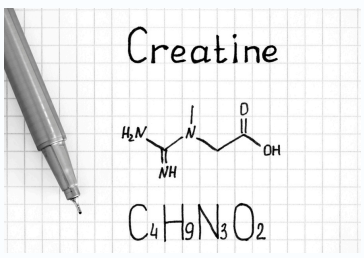
Creatine

It's not just for athletes!

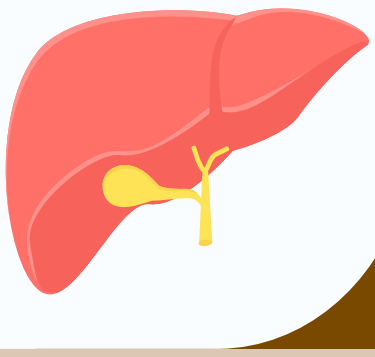


What is creatine?

Creatine is classified as a *non-protein amino acid*, meaning it is made from amino acids but is not directly involved in building proteins like muscle tissue or enzymes.

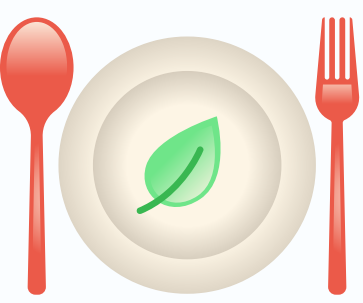
How much to take?

Standard Dosage: 3 to 5 grams per day of creatine monohydrate is the most common and research-backed dose for long-term use.
Body Weight-Based Dosage*:* Take 0.1 grams per kilogram of body weight for maximum muscle saturation.



Sources of Creatine

- **Dietary Sources:** Found naturally in meat, fish, and poultry.
- **Endogenous Production:** The body synthesizes creatine in the liver, kidneys, and pancreas.
- **Supplements:** Creatine monohydrate is the most common and well-researched supplement form.



Why Do Vegans and Vegetarians Have Less Creatine?

- **Food Sources:** Creatine is found naturally in meat, fish, and poultry, foods not consumed in plant-based diets.
- **Muscle Stores:** Since vegans and vegetarians don't consume these foods, their baseline muscle creatine levels are usually lower. Studies show they can reach similar creatine levels as omnivores with proper supplementation.

Muscle Benefits of Creatine

- **Enhanced Athletic Performance:** Increases strength, power, and potentially muscle mass.
- **Improved Recovery:** Reduces muscle damage and inflammation after exercise.
- **Potential Fatigue Management:** Emerging research suggests benefits in reducing fatigue related to chronic conditions and post-exercise recovery.

Brain & Cognitive Benefits

- It may have some effect on mood and depression, but the research is still early. We need more studies to know for sure.
- May boost brain function and reduce mental fatigue, especially in stressful situations or sleep deprivation.
- A high single dose of creatine (around 0.35 g/kg—roughly 20–30 g for many people) can support cognitive performance during sleep deprivation. In comparison, daily doses around 10 g are often recommended by experts for broader brain health benefits.

🔗**My 35% off my preferred creatine brand!**

Creatine

What to Expect When You Start Creatine

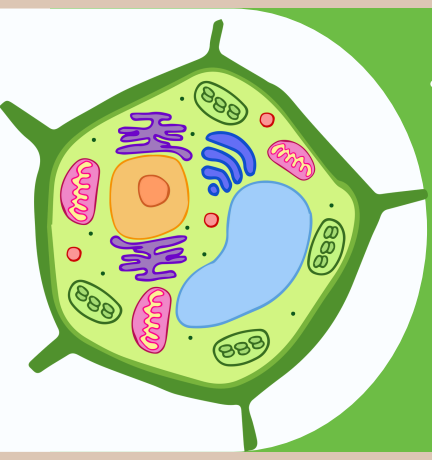
Water retention:

Creatine gets into your muscle cells, bringing sodium and water. This makes the cells swell a bit, causing slight water retention at first.

After the first couple of weeks, when your muscles are full of creatine, you will not keep adding water. The extra water is small, can help performance, and evens out over time if you keep taking creatine daily.

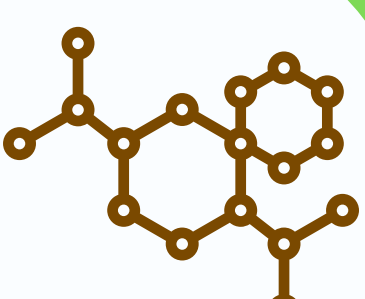
Visible Effect:

Muscles may appear fuller and more toned due to better hydration inside the muscle tissue.



Improved Cell Signaling:

Hydrated cells send stronger muscle-building signals.



Muscle Protein Synthesis:

Creatine supports muscle protein synthesis, enhancing recovery and promoting muscle growth over time.

Perfomance Improvements:

You might experience improved workout performance, strength gains, and muscle maintenance.

Improved Mood:

Some people also notice a better mood and more overall energy.

Creatine Dos & Don’ts

🔗35% off tested creatine I trust!

Creatine is a naturally occurring compound found in muscle cells, primarily made from the amino acids arginine, glycine, and methionine. It plays a crucial role in producing energy during high-intensity activities such as weightlifting, sprinting, and other explosive movements.

DOS	DON'TS
Choose High-Quality Creatine 🔗Creapure® is a special, patented form of creatine monohydrate made in Germany. It’s known for being very pure, which can mean less bloating for many people.	Don’t choose a brand just because it says "100% creatine monohydrate" on the label. It may be made in China and can cause more bloating due to lower purity.
🔗Choose NSF Certified for Sport® This certification ensures the product contains what the label claims and is free from banned substances. Only 15% of supplements sold contain what the label says!	Don’t buy a brand that isn’t NSF Certified for Sport®, since it may not be tested for quality or safety.
Mix with liquid to ensure safe absorption and avoid choking risks.	Dry scoop creatine.
Take creatine with water to minimize bloating. Expect some water retention (and know it’s normal and improves).	Don’t stress about timing. What matters is taking it every day to keep muscle stores saturated.
Do resistance training. Creatine works best when paired with consistent resistance training.	Don’t take creatine and sit on the couch expecting to build muscle.
Be consistent and take it daily to keep your muscle stores saturated. Consistency is key for maintaining the benefits over time.	Don’t add it to smoothies or carb-heavy meals if concerned about bloating. Don’t mix it with coffee. Mix just before drinking and consume within 15–30 minutes to ensure maximum effectiveness.
Make sure your protein intake is solid. Supplements work best when the foundation is right.	Don’t skip this safe and tested supplement for muscle and potential brain benefits.
Don’t be panicked by elevated creatinine levels. Elevated serum creatinine is just a normal marker of intake, not damage.	Don’t fear kidney damage if you're healthy. Decades of research show no evidence of kidney harm in healthy people.
Consult your doctor before starting if you have known kidney disease.	Don’t take it for 2 weeks before bloodwork if you want an accurate kidney function test.