



Creatine for Wellness, Weight Loss, and Aging

Creatine is a naturally occurring compound found in muscle cells. It plays a critical role in energy production, especially during high-intensity activity. While often associated with bodybuilding, creatine has many health benefits beyond athletic performance. It supports wellness, assists with healthy weight management, and even provides advantages as we age.

Creatine and Overall Wellness

- Enhances cellular energy production (ATP), improving physical and mental performance.
- Supports muscle recovery and reduces fatigue.
- Helps maintain lean muscle mass, especially during periods of physical stress or reduced activity.

Creatine and Weight Loss

- Aids in increasing lean muscle mass, which can raise resting metabolic rate.
- Supports high-intensity training and strength workouts, which are effective for fat burning.
- May improve workout endurance and consistency, helping individuals stick to their fitness goals.

Creatine and Healthy Aging

- Helps counteract age-related muscle loss (sarcopenia).
- May support brain health by improving cognitive function and protecting against neurological decline.
- Enhances strength and mobility in older adults, improving quality of life and reducing fall risk.

Usage and Safety

Creatine is one of the most well-researched and safe supplements when used as directed. Typical doses are 3–5 grams per day. It's advisable to consult with a healthcare provider before beginning supplementation, especially for individuals with kidney concerns or chronic conditions.

Disclaimer: This pamphlet is for informational purposes only and does not constitute medical advice. Please consult your healthcare provider before starting any new supplement.