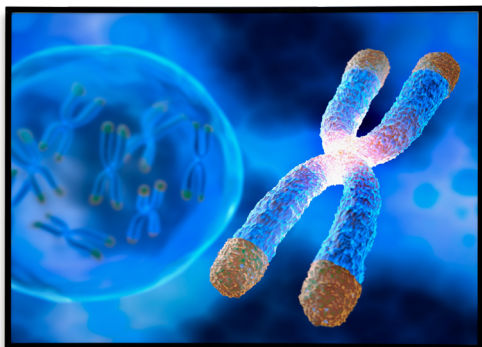


4CreaVida™



Healthy Aging*



Brain/Cognitive Support*



Mitochondrial and Cellular Health*

SUPPORTS

- Telomere length and healthy aging*
- Brain and muscle creatine levels*
- Eumethylation and epigenetic regulation*
- Mitochondrial function and oxidative stress*
- Cellular signaling*

FEATURES

- Backed by multiple double-blind, placebo-controlled human studies, including long-term trials
- Supports telomere length and brain energy metabolism*
- Superior to creatine alone across multiple health biomarkers
- Patent protected formula

INGREDIENTS

- Creatine Monohydrate
- Glycine
- Vitamin D3 (Vegan)

Creatine Evolved: Brain, Body, and Longevity in Every Serving

Creatine has long been a cornerstone of sports nutrition and has long been relied upon by athletes to enhance strength, power, and recovery.

Its proven role in ATP regeneration has made it one of the most researched and utilized ergogenic aids globally.

But creatine's benefits extend far beyond the gym. New research reveals its powerful role in supporting cognitive function, cellular energy in aging tissues, and telomere integrity — a key biomarker of biological aging. 4CreaVida™ combines creatine with glycine and vitamin D3. This multi-compound approach may aid in the maintenance of healthy inflammation pathways, enhance mitochondrial biogenesis, stabilize cellular membranes, and support collagen synthesis and connective tissue integrity, collectively contributing to telomere preservation.

The inclusion of glycine in 4CreaVida™ is key due to its wide-ranging roles in structure and anti-aging mechanisms. Glycine is fundamental to tissue health, as it is the simplest and most abundant amino acid in collagen, making it essential for the structural integrity of skin,

bones, and connective tissues. Beyond its structural role, glycine acts as a precursor to glutathione, the body's master cellular antioxidant, which helps protect against age-related oxidative stress and dampens inflammation. Furthermore, emerging evidence suggests that glycine may promote cellular cleanup and support mitochondrial function, all of which contribute to metabolic resilience and may help preserve healthy aging biomarkers.

Emerging research specifically highlights the potential of creatine as a modulator of biological aging, offering a powerful synergy with ingredients like vitamin D3. A recent study investigating the association between creatine and epigenetic biomarkers of mortality found that higher dietary creatine intake was significantly linked to reduced biological age acceleration and lower mortality risk scores, as estimated by DNA methylation profiles. This finding supports the idea that creatine is a modifiable dietary factor capable of promoting healthy aging and longevity through its effects on foundational cellular processes.

4CreaVida™ represents the next evolution in creatine supplementation: bridging healthy aging and peak performance in one powerful formula.

CLINICAL STUDY REVIEW (PENDING PUBLICATIONS)

1. The effects of 12-month supplementation with low-dose creatine and vitamin D for telomere length and safety in healthy mid-age adults

In a 12-month randomized controlled trial involving 94 healthy adults aged 50, participants received either a mixture of creatine and vitamin D or a placebo daily. The creatine group experienced a significant increase in telomere length, while the placebo group showed telomere shortening ($P < 0.05$). Two-way ANOVA confirmed a treatment-by-time interaction favoring creatine. No adverse effects were reported, suggesting creatine supplementation may help preserve telomere length and support healthy cellular aging compared to placebo.

2. Long-term creatine-vitamin D co-administration affect telomere viability in older adults

A 12-month randomized controlled trial examined creatine's effects on telomere length in 53 healthy adults aged 65 and older (mean age 74.8 ± 6.9 years). Participants received either creatine and vitamin D or placebo daily. The creatine group showed a 4.65% higher telomere length compared to placebo ($P > 0.05$). No side effects were reported, suggesting creatine supplementation may modestly support telomere maintenance and healthy aging without adverse outcomes.

3. Linking dietary creatine to DNA methylation-based predictors of mortality in individuals aged 50 and above

This study examined dietary creatine intake and epigenetic mortality biomarkers in 4,983 U.S. adults aged ≥ 50 years using NHANES 1999–2002 data. Higher creatine consumption was inversely associated with GrimAgeMort and GrimAge2Mort scores, even after adjusting for demographics and diet. Findings suggest creatine may help reduce biological age acceleration and mortality risk, highlighting its potential role as a modifiable dietary factor for promoting healthy aging and longevity.

(<https://pubmed.ncbi.nlm.nih.gov/40659006/>)

4. Creatine intake is associated with a favorable functional and molecular aging phenotype among U.S. adults aged 65 years and older

Higher dietary creatine intake was linked to favorable epigenetic and telomere-related aging markers in U.S. adults aged ≥ 65 . NHANES 1999–2023 analysis in 15,993 respondents showed creatine consumers had lower epigenetic age and higher DNAm-predicted telomere length. These findings suggest dietary creatine may support healthy aging through molecular pathways, warranting further studies to confirm causality and guide nutritional recommendations.

MECHANISM OF ACTION:

- Supports healthy aging by maintaining or lengthening telomeres, the protective caps on chromosomes*
- Helps support normal gene expression and DNA health by supporting the body's natural methylation processes*
- Supports the body's natural processes for ATP regeneration*
- Helps to promote healthy creatine saturation in muscle and brain tissue*
- Supports cerebral oxygenation and energy metabolism*

SUGGESTED USE:

4 grams daily to support energy, cognition, and longevity.*

FREE FROM:



Allergen Free



GMO Free



Gluten Free



BSE/TSE Free

APPLICATIONS:



Powder



Stick Packs



Capsules



Tablets



Soft Chews



Functional Gummies



RTD Beverages

CATEGORIES:



Brain Health



Sports Nutrition



E-sports



Cellular Health



Healthy Aging & Longevity



Energy

CERTIFICATIONS:



Halal



Kosher



Clinically Studied



Non-GMO



Vegan

4POTENTIA
INGREDIENTS
— A Force of Nature —

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