

The Creatine Plan

For anyone weighing creatine for the mind as well as the muscle, who wants the honest state of the research before spending a dollar. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented.

✓ CHECKED AGAINST CLEVELAND CLINIC · MAYO CLINIC

1

The brain research is early

Some early research suggests creatine might improve memory and thinking skills, especially in older adults. More research is needed. (Mayo Clinic)

2

The muscle case is stronger

Older adults who take creatine and do resistance exercise can improve strength. (Mayo Clinic)

3

One form is settled

The most common supplement is creatine monohydrate. Other forms do not appear to have these benefits. (Cleveland Clinic)

1. Read the brain evidence for what it is

Promising and emerging, not settled.

WHY THIS WORKS

Cleveland Clinic reports that studies suggest creatine may support brain function in people 60 and older, including short-term memory and reasoning. Mayo Clinic frames it as early research on memory and thinking skills, especially in older adults, with more research needed. Treat cognitive support as a plausible bonus, not the reason to buy.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Judge creatine on the muscle evidence first, brain second
- ☐ Do not expect a memory effect you can feel week to week
- ☐ Keep your own before-and-after notes if cognition is your goal

2. Pair it with resistance training or skip it

The strength benefit is tied to the training.

WHY THIS WORKS

Mayo Clinic reports that older adults who take creatine and do resistance exercises can improve strength, while noting no clear benefit for total bone mineral density. Cleveland Clinic notes creatine plus weightlifting increases muscle growth in people 18 to 30, with not enough research to say the same above 65. The lifting is the lever; the powder is the support.

SOURCE: MAYO CLINIC

DO THIS WEEK

- ☐ Book two resistance sessions into the week ahead
- ☐ Judge progress over 8 to 12 weeks on strength, not the scale
- ☐ If you are not training, reconsider whether you need it

3. Choose monohydrate, third-party tested

Do not pay extra for a novel form.

WHY THIS WORKS

Cleveland Clinic states the most common supplement is creatine monohydrate and that other forms do not appear to have these benefits. Mayo Clinic advises choosing a product that follows recommended manufacturing practices and uses

DO THIS WEEK

- ☐ Buy plain creatine monohydrate, one ingredient
- ☐ Look for independent certification such as NSF Certified for Sport
- ☐ Ignore blends that bury creatine among stimulants

third-party testing, since supplements are not held to the standard of food or medicine.

SOURCE: CLEVELAND CLINIC

4. Know the side effects and who should ask first

Generally safe, with a few clear cautions.

WHY THIS WORKS

Cleveland Clinic lists possible side effects including weight gain from water retention, and says there is not enough evidence on safety in pregnancy or breastfeeding, diabetes, kidney disease or liver disease, and that creatine may increase the risk of mania in people with bipolar disorder. Mayo Clinic adds that studies in healthy people have not found harm to kidney function at recommended doses, while research in people who already have kidney disease is limited.

SOURCE: MAYO CLINIC

DO THIS WEEK

- ☐ Expect a small water-weight gain; it is not fat
- ☐ Split the daily dose if you get stomach upset
- ☐ Talk to your provider first if you have kidney, liver, or bipolar conditions

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Creatine: What It Does, Benefits, Supplements and Safety · <https://my.clevelandclinic.org/health/treatments/17674-creatine>

Mayo Clinic, Creatine (Drugs and Supplements) · <https://www.mayoclinic.org/drugs-supplements-creatine/art-20347591>

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