

The Creatine Plan

For any woman weighing creatine and tired of the myths, who wants the honest evidence 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

It is not a steroid

Cleveland Clinic describes creatine as a natural energy source your body makes and gets from red meat, seafood, and milk. It is a fuel molecule, not a hormone. (Cleveland Clinic)

2

The kidney fear is misplaced

Mayo Clinic reports creatine at recommended doses has not been found to harm kidney function in healthy people. The caution is for those who already have kidney disease. (Mayo Clinic)

3

Monohydrate is the studied form

Cleveland Clinic states monohydrate is the most common form and that other forms do not appear to have the same benefits. (Cleveland Clinic)

1. Drop the myth, judge the evidence

The muscle case is settled; the fears mostly are not.

WHY THIS WORKS

Cleveland Clinic notes women may not gain as much size or strength as men, and that the water creatine draws goes into muscle cells rather than under the skin. The bulk and water-weight stories do not hold up, and the safety record in healthy people is clean. Decide on the evidence, not the folklore.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Judge creatine on the muscle evidence first
- ☐ Expect a small water shift into muscle, not bloat
- ☐ Do not expect to bulk without months of hard training
- ☐ Treat brain benefits as an early, possible bonus

2. 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. Because supplements are not held to the standard of food or medicine, look for independent certification such as NSF Certified for Sport, and a single ingredient rather than a stimulant blend.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Buy plain creatine monohydrate, one ingredient
- ☐ Look for NSF Certified for Sport or similar
- ☐ Skip pre-workout blends that bury the creatine
- ☐ No loading phase is required

3. Pair it with resistance training

The training is the lever; the powder is the support.

WHY THIS WORKS

Mayo Clinic reports that older adults who take creatine and do resistance exercises can improve strength. Cleveland Clinic adds that creatine helps supply energy for hard efforts and speeds recovery. Without the training, the powder has little to work with.

DO THIS WEEK

- ☐ Book two resistance sessions into the week
- ☐ Judge progress over 8 to 12 weeks on strength
- ☐ Split the dose if you get any stomach upset
- ☐ Reconsider the spend if you are not training

4. Know who should ask first

Generally safe, with a few clear exceptions.

WHY THIS WORKS

Cleveland Clinic notes there is not enough safety evidence during pregnancy or breastfeeding, or with diabetes, kidney disease, or liver disease, and that creatine may increase the risk of mania in people with bipolar disorder. If any of those apply, talk with a provider before starting.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Ask a provider first if pregnant or breastfeeding
- ☐ Check first with kidney, liver, or diabetes conditions
- ☐ Be cautious with a bipolar diagnosis
- ☐ Raise any side effects with your doctor

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

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

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

Cleveland Clinic, Does Creatine Cause Hair Loss? · <https://health.clevelandclinic.org/does-creatine-cause-hair-loss>

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