

The Creatine Starter Plan

For any woman curious about creatine and tired of the gym-bro dosing lore, who wants the honest, simple way to start 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

No loading phase needed

Cleveland Clinic says loading is optional. A steady daily dose reaches the same saturation, just a couple of weeks later. (Cleveland Clinic)

2

3 to 5 grams a day

Cleveland Clinic cites 3 to 5 grams as the standard maintenance dose, all most people ever need. (Cleveland Clinic)

3

The biology is the same in women

Mayo Clinic notes older adults who take creatine and do resistance exercise can improve strength. It is not a men-only supplement. (Mayo Clinic)

1. Skip loading, start at the daily dose

The steady way in has fewer side effects.

WHY THIS WORKS

Cleveland Clinic is blunt that loading is not necessary: an immediate spike, then you level off, and you will catch up on the smaller daily dose. Loading 20 to 25 grams a day can bring cramps, upset stomach, and a faster water shift, so the low steady dose is the easier start.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Take 3 to 5 grams of monohydrate daily
- ☐ Do not bother with a loading phase
- ☐ One small scoop in water, coffee, or a shake
- ☐ Split the dose if you get any stomach upset

2. Choose plain monohydrate, third-party tested

Do not pay triple for fancy chemistry.

WHY THIS WORKS

Plain creatine monohydrate is the form with by far the most research behind it. Hydrochloride, buffered, and blended versions cost more without a clear proven advantage.

Because supplements are loosely policed, look for independent certification such as NSF Certified for Sport and a single ingredient.

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
- ☐ Do not overpay for HCl or buffered forms

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 exercise can improve strength. Cleveland Clinic notes strength gains still take a few weeks and real training. Without the lifting, the powder has little to work with.

DO THIS WEEK

- ☐ Book two or more resistance sessions a week
- ☐ Take it every day, timing does not matter
- ☐ Judge progress over about 8 weeks on strength
- ☐ Measure strength in the gym, not the scale

4. Know who should ask first

Well tolerated, with a few clear exceptions.

WHY THIS WORKS

Cleveland Clinic advises avoiding creatine with chronic kidney disease or reduced kidney function, since the kidneys process it. Anyone pregnant or breastfeeding, or with a health condition, should check with a clinician before starting.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Ask a provider first if pregnant or nursing
- ☐ Check first with kidney disease or reduced function
- ☐ Raise any ongoing side effects with your doctor
- ☐ Stop and ask if anything feels off

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Is the Creatine Loading Phase Worth It? · <https://health.clevelandclinic.org/creatine-loading-phase>

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

Cleveland Clinic, Supplements and OTCs May Hurt Your Kidneys · <https://health.clevelandclinic.org/supplements-otcs-may-hurt-kidneys>

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