

Creatine

A practical guide to daily creatine support when preserving muscle matters.
Focus on simple use, hydration, and product quality.

1 What Creatine Is

- Naturally occurring compound stored in muscle.
- Helps support quick energy for walking, lifting, and daily movement.
- One of the most researched supplement options.



2 Why Muscle Matters

- Muscle helps support metabolism, strength, and recovery.
- Preserving muscle matters during weight loss.
- Critical for long-term functional health and bone density.

3 How to Use It

- Mix 3–5 g daily into water or a smoothie.
- No loading phase needed.
- Dissolve completely, no crunchiness.



4 Hydration + Product Choice

- Stay consistently hydrated throughout the day.
- Creatine monohydrate is the gold-standard form.
- Look for pure, third-party tested products with no mystery additives.

5 What to Expect

- Not a steroid and not a shortcut.
- Does not build muscle directly; rather, it enables harder training which leads to muscle growth.
- A small scale increase can reflect water stored inside muscle tissue.



Disclaimers & Notes

This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist. Talk with your healthcare provider before starting creatine, especially if you take medications or have kidney, heart, digestive, or metabolic concerns. Creatine dosing and safety recommendations are based on general population research, not GLP-1-specific clinical trials — treat it as a supportive option alongside resistance training, not a required step.