

Not Just for Weightlifters: Why Creatine Matters for You

What Is Creatine?

- A natural compound found mostly in muscles and the brain. It helps your cells make energy (ATP) especially when you're stressed, exercising, sick, or getting older.

Who Might Benefit Most?

- Older adults, vegetarians or vegan diets, people with brain fog or fatigue.
- People recovering from illness (including "long COVID"), or under high physical or mental stress.

Key Benefits of Creatine

Area	What Creatine Helps With
Memory & Thinking	Improves memory, learning, decision-making. May help when feeling tired or sleep-deprived.
Muscle & Recovery	Builds lean muscle, speeds up recovery after exercise, reduces risk of frailty as you age.
Brain Fog, Stress Recovery	Helps brain energy, supports recovery from viral illness, mental fatigue.
Heart & Blood Vessels	Improves artery flexibility, better blood flow; may help lower certain risk factors like blood sugar and cholesterol.

How Much & What Kind

- The most studied form is **creatine monohydrate**.
- Common recommendation: **3-5 grams/day** for adults.

Safety & Tips

- Generally safe for healthy people at the recommended dose.
- Best results often come with lifestyle supports: good sleep, resistance training (if able), eating enough protein.

For more information:

- **"Creatine supplementation is safe, beneficial throughout the lifespan and across pathologies"** — Frontiers in Nutrition, 2025
- Exploring the Benefits of Creatine for Physical and Mental Health ([Mercola.com](https://articles.mercola.com/sites/articles/archive/2024/10/05/creatine-benefits-and-uses.aspx))
<https://articles.mercola.com/sites/articles/archive/2024/10/05/creatine-benefits-and-uses.aspx>

Prepared for Robert ListECKi- Pharmacist, Glen Ellyn Pharmacy
By: Priya Saini- Doctoral Candidate 2027, University of Illinois Chicago College of Pharmacy