



Does creatine wreck your kidneys?

The truth about that scary blood-test number

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THE SCARE



You start creatine.

Your next blood test flags one number:

creatinine HIGH

...and you wonder if you just hurt your kidneys.

HERE'S THE CATCH



Creatine turns into creatinine.

It's simply what your body makes from it, day in, day out.

So put more creatine in, and a little more creatinine shows up on the test. That rise is completely expected.

THINK OF YOUR BATHROOM SCALE



**Drink a big glass of water,
then weigh yourself.
The number goes up.**

You didn't gain fat. You just added water.

**Creatine is the same: the blood number
rises, but nothing about your kidneys has
actually changed.**

WHAT THE SCIENCE SAYS

20

**research studies,
combined in a
2026 review.**

They didn't just trust the scary number. They checked the tests that show how well your kidneys really filter blood.



And those filtering tests didn't change.

WHAT THEY FOUND



Creatinine

Nudged up a tiny bit — just as expected



The real filter tests

No meaningful change at all



Short or long term

Same reassuring result either way

The number on the test moved. How well the kidneys worked did not.

WHAT IT MEANS FOR YOU



One “high” creatinine isn't proof of kidney damage — if you take creatine.

Don't quit over a single number. Mention it to your doctor — a simple extra test gives a far clearer answer about your kidneys.

THE BOTTOM LINE



Don't fear the number. Understand it.

Creatine is one of the most studied supplements there is — and a high creatinine usually just means you take it, not that your kidneys are failing.

Educational only — not medical advice. Always check with a doctor.

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