

LONGEVITY & HEALTHY AGING



Creatine, the Brain, and Healthy Aging: Not Just a Gym Supplement

Most people file creatine under gym powder. The research tells a bigger story: brain energy, thinking under stress, and holding on to muscle as you age.

Swipe

THE OLD BELIEF

•Creatine? That's Just Gym Powder.▪

If you think creatine is just something bodybuilders scoop into a shaker, you are in good company, and you are also missing most of the story.

THE REAL STORY

It's About Cellular Energy, Not Just Muscle

About 95 percent of your body's creatine is stored in muscle, but a small amount lives in the brain too, where it helps recycle the energy cells burn.

THE BRAIN ANGLE

A 5 to 15 Percent Boost to the Brain's Energy Reserve

Creatine supplementation can raise the brain's phosphocreatine content by roughly 5 to 15 percent, giving brain cells a slightly larger short-term energy reserve, with the clearest effects showing up under stress like sleep deprivation.

THE EVIDENCE

6 Trials. 281 People. A Hedged but Real Signal

A systematic review of six randomized controlled trials in 281 healthy people found oral creatine may improve short-term memory and reasoning, most evident under sleep deprivation, in vegetarians, and possibly with aging.

THE STRONG PART

Creatine Plus Training Beats Training Alone

In older adults, creatine combined with resistance training helps preserve and build muscle mass, strength, and functional capacity, an effective countermeasure to age-related muscle loss known as sarcopenia.

THE DOSING TRUTH

3 to 5 Grams Is Proven for Muscle. The Brain Dose Isn't Settled

The classic 3 to 5 grams a day is the dose validated for muscle. Cognition studies have used a much wider range, from about 2 grams a day up to around 20 grams a day for short periods, and the ideal brain dose has not been pinned down.

THE BOTTOM LINE



A Tool in the Plan, Not a Shortcut Around It

It works best as part of a real plan, not as a substitute for training and good nutrition, and the right amount is individual, best worked out with a doctor rather than a forum.