

PERFORMANCE & SUPPLEMENTS



Does Creatine Cause Hair Loss?

A simple, honest answer: where the baldness fear came from, what that one study actually measured, and why the research does not show creatine makes your hair fall out.

Swipe

THE WORRY

Every Hair in the Drain Feels Like Proof

You lift, maybe you're on testosterone, and you want to keep your hair. Then a gym forum or a video caption swears creatine raises a hormone that makes men go bald.

WHERE IT STARTED

One Study, 2009, Rugby Players

Almost the entire fear traces back to a single study by van der Merwe and colleagues, not a pile of evidence.

THE NUMBERS

DHT Rose 56%, Then Held at 40%

After a 7-day loading phase, DHT rose 56%. After 14 more days on a maintenance dose, it stayed about 40% above the starting point.

THE CATCH

Still Normal, Skewed at the Start

The DHT rise stayed within normal clinical limits, no total testosterone increase was found in the 16 men, and the creatine group started with DHT already 23% lower than placebo, which made the jump look bigger than it was.

THE TWIST

It Never Measured a Single Hair

The famous study that started the fear tracked a hormone in blood. It did not report or show one case of hair loss or baldness.

THE BIGGER PICTURE

12 Other Studies, 10 Found Nothing

Twelve further studies measured testosterone alongside creatine. Ten found no change at all. In five, free testosterone, the hormone that becomes DHT, was measured directly and did not rise.

BOTTOM LINE

If You're Prone to Baldness, Check, Don't Guess

There is no good evidence creatine causes hair loss. If male-pattern baldness runs in your family and you want certainty, get your hormones, including DHT, checked properly rather than trusting a myth.