

CREATINE AND KIDNEYS



Does Creatine Damage Your Kidneys?

For a healthy person at normal doses, the honest answer is no.

Swipe

THE CREATININE FLAG

A HIGH Result That Feels Like an Alarm

Creatinine is one of the main numbers doctors use to check the kidneys, so a HIGH flag feels like an alarm, even when it isn't.

CREATINE INTO CREATININE

One Becomes the Other

Creatine turns into creatinine. Put more creatine in, and a little more creatinine shows up in your blood. That is the whole trick.

A 2026 REVIEW

20 Studies, Filtration Did Not Meaningfully Change

In a 2026 review of 20 studies, markers of real kidney filtration, such as eGFR, a number that estimates how well the kidneys filter, showed no significant change.

LONG TERM EVIDENCE

Reassuring So Far, Researchers Still Call for Longer Trials

In healthy people, the research so far is reassuring, and major sports nutrition reviews describe creatine as well tolerated. Many studies are shorter than a year, so researchers still call for longer trials, and it is smart to get regular check-ups, especially if you already have kidney risk factors.

THE CLEANER TEST

Cystatin C Is Not Thrown Off by Creatine

A blood test called cystatin C measures kidney function without being thrown off by creatine, so it can give a clearer answer. Tell your doctor you take creatine, so the test is read correctly.

THE BOTTOM LINE

Do Not Quit Over One Number

A high creatinine in a creatine user is usually the supplement, not damage. Do not quit over one number. Get the full picture from your doctor.

WHO SHOULD CHECK FIRST



No Good Evidence in Healthy Adults

Based on current research, there is no good evidence that creatine causes kidney damage in healthy adults taking typical doses. Be more cautious if you already have kidney disease, diabetes, high blood pressure, or a number that keeps climbing. Check with a doctor first.