

THE HONEST ANSWER



Is Creatine Safe?

One of the most studied supplements on earth. What the research really says about the common worries, and who should check with a doctor first.

Swipe

THE WORRY

You've Heard the Warnings

It wrecks your kidneys. It's basically a steroid. It makes your hair fall out. It bloats you up. Each one has been studied closely.

THE EVIDENCE BASE

Over 500 Published Studies

Creatine is one of the most researched supplements in the world. In late 2020 the FDA recognized it as generally safe under its intended conditions of use.

THE DOSE

3 to 5 Grams a Day Is Plenty

Roughly 0.1 g per kilogram of body weight per day. You do not need to take large amounts, and more is not better.

MYTH: THE BLOAT

That Early Weight Gain Is Water, Not Fat

Some people gain one to three kilograms in the first days of use. It's water drawn into the muscle, and it does not turn into fat.

MYTH: THE STEROID

It's Not a Hormone. It's Not a Steroid.

Your body already makes creatine from amino acids, and you get more from meat and fish. It works nothing like anabolic steroids.

MYTH: THE KIDNEYS

A Lab Number, Not Kidney Damage

Creatinine ticks up a little, but the real measures of how well the kidneys filter do not meaningfully change in healthy adults.

THE BOTTOM LINE



Safe for Healthy Adults, With One Caveat

If you have kidney disease, diabetes, high blood pressure, or take regular medications, speak with a doctor before starting.