

Creatine Made Simple

The permanent protocol: 3–5 grams every day, any time that works.

3–5 G

DAILY DOSE

EVERY DAY

REST DAYS INCLUDED

ANY TIME

CONSISTENCY WINS

THE PERMANENT PROTOCOL

The whole protocol

THE DAILY DEFAULT

For a healthy adult using creatine for training or performance: take 3–5 g of creatine monohydrate every day, at any time that works.

Build your creatine routine

Choose one answer in each row. The default path is creatine monohydrate, 3–5 g every day, at any time you can repeat.

Goal: training or repeated high-intensity performance.

Form: creatine monohydrate.

Daily routine: 3–5 g every day, including rest days, at any time that works.

Loading: skip by default, or use the optional evidence-bound route below.

Quality: apply a reputable independent manufacturing, label, and contaminant screen.

Boundary: take pregnancy, kidney disease, medication questions, persistent symptoms, or other medical concerns to a licensed clinician.

Loading is a choice

DEFAULT: NO LOADING

Start 3–5 g every day; loading is not required.
Stores rise more gradually.

OPTIONAL: FASTER SATURATION

About 0.3 g/kg/day, divided, for 5–7 days.
Then continue 3–5 g/day.

DECISION	DEFAULT	BOUNDARY
FORM	Creatine monohydrate	The best-studied form; no alternative-form superiority claim.
QUALITY	Independent manufacturing, label, and contaminant screen	A seal does not prove efficacy, safety, or zero-risk purity.

WHAT THIS PROTOCOL IS FOR

Creatine can improve repeated high-intensity performance and support training adaptation when paired with appropriate training. Usual protocols are generally well tolerated in studied healthy people; persistent symptoms or clinical concerns belong with a licensed clinician.

Richard B Kreider; Douglas S Kalman; Jose Antonio; Tim N Ziegenfuss; Robert Wildman; Rick Collins; Darren G Candow; Susan M Kleiner; Anthony L Almada; Hector L Lopez. International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation in exercise, sport, and medicine. Journal of the International Society of Sports Nutrition. 2017-06-13.
<https://pubmed.ncbi.nlm.nih.gov/28615996/>
National Institutes of Health, Office of Dietary Supplements. Dietary Supplements: What You Need to Know. 2023-01-04.
<https://ods.od.nih.gov/factsheets/WYNTK-Consumer/>

THE FRONTIER

Performance is established; brain claims are not

Keep cognition and acute sleep-loss findings outside the permanent protocol. The everyday 3–5 g training and performance setup remains the default.

COGNITION: MIXED, NOT BROAD ENHANCEMENT

Adult cognition evidence is mixed; a possible memory signal does not establish broad cognitive enhancement. There is no overall-cognition, executive-function, attention, processing-speed, or disease-prevention promise.

ACUTE SLEEP LOSS: PROMISING, NOT SETTLED

A few acute studies suggest creatine may reduce some cognitive deterioration during prolonged sleep deprivation. This does not establish chronic benefit, an optimal amount, a general brain-health protocol, a daily 10 g recommendation, or a replacement for adequate sleep.

Nicholas B Williams; Rachel B Hurley; Manuel E Cevallos. Creatine Supplementation and Acute Sleep Deprivation: A Systematic Review of Cognitive, Psychomotor, and Mood Outcomes. Journal of Integrative and Complementary Medicine. 2026-06-09.
<https://pubmed.ncbi.nlm.nih.gov/42261581/>
Chen Xu; Siyuan Bi; Wenxin Zhang; Lin Luo. The effects of creatine supplementation on cognitive function in adults: a systematic review and meta-analysis. Frontiers in Nutrition. 2024-07-12.
<https://pubmed.ncbi.nlm.nih.gov/39070254/>
Chen Xu; Siyuan Bi; Wenxin Zhang; Lin Luo. Corrigendum: The effects of creatine supplementation on cognitive function in adults: a systematic review and meta-analysis. Frontiers in Nutrition. 2025-02-17.
<https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2025.1570800/full>

WHAT TO DO MONDAY

Build the routine once

What to do Monday

01 CHOOSE MONOHYDRATE

Choose plain creatine monohydrate and apply a reputable independent quality screen.

02 TAKE 3–5 G

Take 3–5 g every day, including rest days, at any time that works.

03 TAKE IT CONSISTENTLY

Attach it to a routine you already keep.

04 TAKE IT FOREVER

For studied healthy adults, make it a habit—not a lifetime-safety promise. Take clinical questions to a licensed clinician.

Do I have to load?

No. Loading is optional; ordinary daily use reaches saturation more gradually.

Which form should I choose?

Choose creatine monohydrate. No alternative-form superiority is established, and a quality seal is a screen—not an efficacy or safety guarantee.

Does “take it forever” mean everyone, regardless of medical context?

No. It is a habit cue within studied healthy-adult use, not a universal lifetime-safety promise. Review continued use with a licensed clinician when clinical conditions, medications, pregnancy, or persistent symptoms enter the picture.

Nutrition Priorities Made Simple

Apply the same hierarchy to calories, macronutrients, micronutrients, timing, and supplements.

Private library placeholder—destination is not yet verified.