Creatine for WOMEN OVER 40 — What the Research Actually Shows Transcript

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Why Creatine Matters for Women Over 40

Creatine is probably the supplement you supplement you dismissed because you thought dismissed because you thought it was only for it was only for men who wanted to men who wanted to build muscle. A build muscle. A 2025 randomized controlled trial 2025 randomized controlled trial in premenopausal women in premenopausal women found that it found that it improved reaction time, brain creatine levels, and sleep quality. And brain creatine levels, and sleep quality. And most women have most women have never heard of it.

Hi, I'm Dr. Hi, I'm Dr. Elizabeth Tadakin, a Elizabeth Tadakin, a naturopathic doctor naturopathic doctor from Arizona. from Arizona. Creatine research, especially for, especially for premenopausal premenopausal premenopausal and menopausal women, has become and menopausal women, has become very compelling very compelling over the past few over the past few years. By the end of this years. By the end of this video, you'll learn video, you'll learn what what what clinical clinical clinical trials actually show, not what supplement companies claim, supplement companies claim, regarding strength, regarding strength, brain function, and sleep. We'll brain function, and sleep. We'll look at why look at why women over 40 are women over 40 are often deficient in often deficient in creatine, what studies have found, creatine, what studies have found, and how and how to take it without the bloating that to take it without the bloating that some people some people complain about. Women complain about.

Why Women Are Already Depleted in Creatine

Women after 40 often after 40 often start this conversation start this conversation with a lag, and with a lag, and not because there is not because there is something wrong with them. It's a matter of something wrong with them. It's a matter of basic biology.

basic biology. If you've noticed that If you've noticed that your energy for your energy for exercise, exercise, exercise, focus, or focus, or recovery has recovery has recovery has noticeably decreased, a noticeably decreased, a creatine deficiency creatine deficiency may be part of the may be part of the reason. Creatine is a reason. Creatine is a compound that your compound that your body produces and body produces and stores, primarily in stores, primarily in muscle tissue, and muscle tissue, and uses for uses for short bursts of short bursts of energy in a process energy in a process called called called adenosine triphosphate, adenosine triphosphate, adenosine triphosphate, or ATP. Women or ATP. Women naturally have lower naturally have lower creatine stores than creatine stores than men, about 70–80% of 70–80% of men's levels, partly men's levels, partly because creatine because creatine is found in is found in red meat and red meat and women consume women consume less of it than less of it than men. Menopause men. Menopause further intensifies this further intensifies this process. Declining process. Declining ovarian function ovarian function reduces the body's own reduces the body's own creatine synthesis creatine synthesis, so, so the gap widens the gap widens just when other just when other hormonal changes are hormonal changes are already demanding more from already demanding more from your system your system. By. By premenopause, many premenopause, many women have women have depleted depleted depleted creatine stores with less creatine stores with less available available available energy for muscle and energy for muscle and brain function. This is one brain function. This is one reason why reason why supplementation is more supplementation is more important for a woman in important for a woman in her 40s or 50s her 40s or 50s than for a 25-year-old than for a 25-year-old athlete who already has athlete who already has adequate stores.

Now let's see what Now let's see what happens when you happens when you actually fill that actually fill that gap. Let's start with gap. Let's start with muscles, because that's what muscles, because that's what most people most people expect from this topic.

expect from this topic.

What the Research Shows for Strength

But that's not all. But that's not all. The first thing most The first thing most people expect people expect to see results to see results from creatine is from creatine is strength. And research strength. And research confirms this.

confirms this. Maintaining strength Maintaining strength during perimenopause and during perimenopause and menopause isn't about menopause isn't about looking a looking a certain way. It's about certain way. It's about protecting your protecting your metabolism, your metabolism, your joints, and your joints, and your ability to remain ability to remain independent as you age. A small small 2025 study of 2025 study of perimenopausal and perimenopausal and postmenopausal women postmenopausal women postmenopausal women found that taking found that taking creatine led to creatine led to statistically statistically statistically significant increases in significant increases in lower lower lower body strength over the body strength over the study period.

This is an early finding from a This is an early finding from a small sample, small sample, not yet the level of not yet the level of large-scale large-scale large-scale controlled controlled controlled studies studies studies needed for needed for definitive conclusions, but it is, but it is consistent with consistent with decades of decades of decades of creatine research creatine research in other groups in other groups demonstrating the same demonstrating the same strength benefits.

Think of it like Think of it like filling a gas filling a gas tank to full. Your tank to full. Your muscles already want muscles already want to do the work to do the work to get stronger.

to get stronger. Creatine gives them the Creatine gives them the energy to do energy to do this more efficiently. It does this more efficiently. It does not replace strength not replace strength training and is not training and is not aimed at aimed at building muscle building muscle mass. It makes mass. It makes the workouts you the workouts you already do or that already do or that I would advise you to start I would advise you to start work better for you work better for you. Power is.

The Brain Fog and Cognition Finding

Power is probably what you probably what you expected when you turned on expected when you turned on this video. But what happened this video. But what happened next surprised next surprised me when the research results came out me when the research results came out. The " foggy head" issue is what foggy head" issue is what changes the course of changes the course of the conversation, and it was this the conversation, and it was this finding that surprised finding that surprised me the most in me the most in this study.

this study. If you notice that If you notice that you are you are finding your words slower, finding your words slower, thinking slower, thinking slower, or simply or simply feeling less feeling less clear than before, it's clear than before, it's worth paying worth paying attention to. Your brain is one of the most one of the most energy-intensive energy-intensive energy-intensive organs in the body, and it organs in the body, and it uses creatine uses creatine as a buffer for rapid as a buffer for rapid bursts of neural bursts of neural activity. A 2025 study 2025 study called Concrete Manopa called Concrete Manopa enrolled 36 enrolled 36 perimenopausal and perimenopausal and menopausal women in a menopausal women in a double-blind, double-blind, double-blind, randomized randomized randomized design. Women design. Women taking a medium taking a medium dose of creatine dose of creatine hydrochloride hydrochloride hydrochloride demonstrated demonstrated demonstrated significant improvements in significant improvements in reaction speed reaction speed compared to the compared to the placebo group, and placebo group, and creatine levels in the frontal creatine levels in the frontal lobe of the brain also lobe of the brain also increased significantly.

Simply put, Simply put, women who took women who took creatine creatine creatine experienced a experienced a experienced a measurable increase in measurable increase in brain creatine concentration brain creatine concentration along with faster along with faster response times. This has response times. This has direct implications for direct implications for combating the “ combating the “ brain fog,” processing speed, and cognitive changes and cognitive changes that many perimenopausal women notice. One perimenopausal women notice. One likely reason is likely reason is that that that estrogen supports estrogen supports energy processes energy

processes in the brain. When in the brain. When estrogen levels drop, estrogen levels drop, the availability of creatine the availability of creatine in the brain may in the brain may decrease with decrease with it, and supplements can it, and supplements can help fill help fill this deficit. If this is this deficit. If this is already surprising to you, you are not already surprising to you, you are not alone, and I would like to alone, and I would like to know what know what stage you are at. Write in stage you are at. Write in the comments what the comments what stage of your perimenopause journey you are at. This you are at. This channel covers topics of channel covers topics of naturopathic and naturopathic and functional functional functional medicine in the context of medicine in the context of women's and women's and family health. And now I'm family health. And now I'm delving delving delving into the topics of perimenopause into the topics of perimenopause and menopause in detail. So and menopause in detail. So if this is useful to if this is useful to you, subscribe so you you, subscribe so you don't miss don't miss future issues.

future issues.

Creatine and Sleep Quality in Perimenopause

The latest The latest research finding, which is research finding, which is still little talked about, still little talked about, concerns sleep. If concerns sleep. If sleep disruption is sleep disruption is one of the most difficult one of the most difficult parts of this period of parts of this period of life for you, it's worth life for you, it's worth learning about this learning about this finding. The same finding. The same small small small 2025 study by Hall and 2025 study by Hall and colleagues that we colleagues that we reviewed regarding reviewed regarding strength also found strength also found that perimenopausal women who took creatine took creatine reported significant reported significant improvements in improvements in sleep quality. This is still an early sleep quality. This is still an early result from a small result from a small sample, not a large-scale sample, not a large-scale controlled controlled controlled study, but it is study, but it is consistent with a consistent with a broader mechanism of broader mechanism of action. Creatine action. Creatine supports the cellular supports the cellular energy energy energy your your your body relies on during body relies on during nighttime recovery.

If sleep disruption is one of your one of your biggest concerns biggest concerns right now, creatine is a right now, creatine is a safe supplement safe supplement that can help that can help along with other along with other elements of your elements of your regimen. It is not a regimen.

The Right Form and Dose to Start With

It is not a stand-alone stand-alone stand-alone sleep aid, and it is not a sleep aid, and it is not a substitute for addressing substitute for addressing stress, stress, stress, blood sugar, blood sugar, or hormonal or hormonal changes. This is just changes. This is just part of the big part of the big picture. Now for picture. Now for the practical part, because form the practical part, because form and dosage are and dosage are actually more important actually more important than than than most most most supplement materials say. When you supplement materials say. When you decide it's worth decide it's worth a try, the form and a try, the form and dosage matter more dosage matter more than than than most supplement most supplement marketing descriptions claim marketing descriptions claim. The right. The right approach to this approach to this determines whether you will experience determines whether you will experience the benefits and the benefits and avoid unwanted avoid unwanted bloating.

bloating. Creatine monohydrate is the most researched most researched and beneficial form, and it is and beneficial form, and it is on it that on it that most of the scientific most of the scientific data we have just data we have just reviewed is based. Creatine reviewed is based. Creatine hydrochloride is a hydrochloride is a smart smart smart alternative if alternative if you have a sensitive you have a sensitive gastrointestinal gastrointestinal gastrointestinal tract. Both forms tract. Both forms work very work very effectively.

effectively. effectively. The standard The standard The standard maintenance dose for maintenance dose for women is 3–5 women is 3–5 grams per day. Some grams per day. Some protocols protocols protocols suggest a suggest a loading phase of around loading phase of around 0.3g per kilogram of 0.3g per kilogram of body weight per day for body weight per day for 3–7 days to 3–7 days to saturate muscles more quickly, but saturate muscles

more quickly, but this is not necessary.

Taking a steady 3–5 Taking a steady 3–5 grams daily will get grams daily will get you to the same you to the same result in 3–4 result in 3–4 weeks. If you've heard weeks. If you've heard that creatine causes that creatine causes bloating, it's usually due bloating, it's usually due to the to the loading phase.

loading phase. If you skip it and If you skip it and immediately switch to a immediately switch to a stable daily stable daily dose, water retention dose, water retention can usually be can usually be avoided. And when it does happen, it's water happen, it's water entering the entering the muscle cells, not the muscle cells, not the fluid retention fluid retention that people usually that people usually imagine. Take imagine. Take it when it is convenient for you to remember it. With remember it. With food or after food or after training—both training—both training—both options are suitable. At options are suitable. At recommended doses, recommended doses, creatine does not creatine does not show serious show serious long-term long-term long-term side effects in side effects in healthy women with healthy women with normal normal normal kidney function. But if you kidney function. But if you have problems or have problems or weakened kidneys, weakened kidneys, creatine is not creatine is not right for you. Just like a right for you. Just like a high high high protein diet is not protein diet is not ideal for people in the ideal for people in the same condition. It is the same condition. It is the kidneys that process and kidneys that process and remove it from the remove it from the body. Therefore, this body.

Foundations That Support Creatine

Therefore, this issue should be issue should be discussed with your doctor discussed with your doctor before starting treatment, before starting treatment, not after. None of this not after. None of this will replace the basic will replace the basic fundamentals. As I always fundamentals. As I always say, creatine can say, creatine can help fill help fill the gap, but the gap, but it works best in it works best in conjunction with the ground conjunction with the ground rules. Eating rules. Eating enough enough enough protein, getting regular protein, getting regular physical activity, getting physical activity, getting quality sleep, and quality sleep, and managing managing managing stress levels, which so often stress levels, which so often increase at this increase at this stage of life. My stage of life. My approach is always to figure out what is preventing figure out what is preventing the body from performing its the body from performing its functions, and then give functions, and then give it what it needs it what it needs to do the job. For to do the job. For many perimenopausal women, many perimenopausal women, creatine is one creatine is one way to give their way to give their body what it body what it needs. This is not a needs. This is not a replacement for the foundation on replacement for the foundation on which everything rests.

which everything rests. Creatine is not just a Creatine is not just a bodybuilding supplement bodybuilding supplement for perimenopausal women for perimenopausal women. This is a. This is a well-studied, well-studied, well-studied, low- low- low- risk supplement that risk supplement that helps address the helps address the specific challenges of specific challenges of this period of life.

this period of life. Muscle preservation, " fog" in the head and fog" in the head and sleep. Three things to sleep. Three things to remember. remember.

remember. Women after 40 often Women after 40 often lack lack lack creatine. So creatine. So taking supplements taking supplements really fills this really fills this deficit. Studies from deficit. Studies from confirm confirm confirm the benefits for strength, the benefits for strength, cognitive function, cognitive function, and sleep, especially in women during and sleep, especially in women during perimenopause and perimenopause and menopause. 3–5 g of menopause. 3–5 g of creatine monohydrate creatine monohydrate per day is an per day is an optimal starting optimal starting dose, and the dose, and the loading phase can be loading phase can be skipped if you are skipped if you are prone to bloating.

prone to bloating. Your body knows how to Your body knows how to recover. I'm here to help help help remove what's remove what's bothering him. If you bothering him. If you want to learn want to learn more about protein, more about protein, as creatine and as creatine and protein together are the foundation of protein together are the foundation of muscle maintenance muscle maintenance during menopause, I during menopause, I have a separate video on that.

have a separate video on that. The link to it is The link to it is here. Start with 3g of here. Start with 3g of creatine monohydrate creatine monohydrate daily with meals daily with meals for 30 days and for 30 days and watch watch watch your your your energy and strength change. If energy and strength change. If you need science- you need science- based based based information on what information on what really helps really helps women in women in perimenopause, perimenopause, perimenopause, I share it all on this channel I share it all on this channel. I would be happy. I would be happy if you subscribed.

if you subscribed. Take care, and Take care, and see you in the see you in the