The Cheap White Powder Most People Over 50 Ignore Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Creatine and Healthy Aging

When you hear the word creatine, what comes to mind? Now, for most people, it's probably a bodybuilder lifting heavy weights at the gym. And for decades, that's essentially how creatinine has been marketed as a sports supplement to help athletes build muscle, increase strength, and improve performance.

But that view of creatines is becoming outdated because research is showing us that creatined does something much more fundamental. It helps your cells produce energy.

And that means creatine may have benefits that extend well beyond the gym. It's your muscles as you age, your brain, memory, metabolism, physical function, and potentially your ability to maintain independence later in life.

So in this video, I want to explain why I think creatinine is one of the most interesting nutritional supplements for healthy aging, including for people who do not consider themselves to be athletes.

I'm also going to tell you how much creatine people typically take, which form has the best research, and address one of the biggest concerns I hear from patients.

Now first, creatinine isn't a drug, it certainly isnt a steroid. Creatine is a compound your body naturally produces from three amino acids, arginine, glycine and methionine.

It's produced primarily in the liver and kidneys, and your brain can produce some creatine as well. You also obtain creatinine through food. The richest dietary sources are animal foods, especially meat and fish.

What Creatine Is and How It Produces Energy

Plant foods contain very little creatines, which is one reason vegetarians and vegans tend to have lower creatined stores. But here is where creatins become interesting.

Your body converts creatina into something called phosphocreatine. And phosphocreatine acts almost like a cellular backup battery. To understand why that matters, you need to understand ATP.

ATP is Adenosine Triphosphate. It's essentially the energy currency of your cells. Every time a muscle contracts, every time the neuron fires, Every Time Your Cells Perform Energy Demanding Work, ATP Is Being Used.

Now when ATP gives up one of its phosphate groups, it becomes ADP. Your cells then have to convert that ADP back into ATP, and that's where creatine comes in.

Fossil creatines can rapidly donate a phosphate group to ADPs, helping regenerate your ATP. So think of creatinine as helping your cells recharge their energy supply very quickly.

And that explains why athletes discovered its benefits decades ago. If your muscles can regenerate ATP more efficiently during intense activity, you may be able to produce more power, perform another repetition, or recover more effectively.

But here's the important point. Your muscles aren't the only cells that need energy. Your brain has enormous energy requirements as well. And this is why researchers are increasingly interested in creating for much more than athletic performance.

Now, one of the most important changes that occurs with aging is something most people don't think enough about. We gradually lose muscle. and we're not just talking about having smaller biceps.

Muscle is a metabolically active organ. You need muscles to walk, to climb stairs, you gotta have a chair to maintain balance. to stabilize your joints, also to maintain healthy glucose metabolism, and ultimately, muscle is one of the things that helps you remain physically independent as you get older.

Age-related loss of muscle mass and function can eventually contribute to sarcopenia and frailty.

Creatine, Muscle Preservation, and Aging

This is why I tell patients that maintaining muscle isn't simply about looking fit It's a part of a longevity strategy. And this is one area where the research on creatine is especially interesting.

Studies involving older adults have found that when creatinine's combined with the resistance training, it can enhance some of the improvements in lean tissue, strength, and physical performance compared with resistance exercise alone.

That combination is important. Now I don't want anyone to watch this video to think I'll take creatine, sit on the couch, and preserve all my muscle. I've seen some videos basically recommending that.

That's not how I recommend thinking about it. Creatine is not a replacement for exercise. It's something that may help you get more benefit from the exercise you're already doing.

And if you over 50 or 60, resistance exercise becomes especially important. You dont need to become a bodybuilder. bodyweight exercises, what matters is giving your muscles an appropriate stimulus.

Now combine that with adequate protein, good nutrition, recovery, and creatine and now you're giving the body the tools it needs to preserve muscle. Now we get to the area that surprises many of my patients.

Creatine seems to support the brain very effectively. Remember what I said earlier, creatine helps regenerate ATP and your brain is an extremely energy demanding organ.

Your neurons require tremendous amounts of energy to maintain electrical gradients, communicate with one another, release neurotransmitters and perform all the processes involved in thinking and memory.

Creatine is present in the brain and researchers have investigated whether increasing creatine availability could improve certain aspects of cognitive performance.

A systematic review and meta-analysis of randomized controlled trials found improvements in measures of memory with creatine supplementation, with particularly interesting findings in older adults.

Other research has reported potential improvements, in areas such as attention and processing speed. Now I want to put this into perspective. The evidence for muscle performance is much stronger and more established than the evidence of cognition.

And not every study has demonstrated cognitive improvement and we should not promote creatine as a wonder cure for dementia and things like that. But there is enough evidence I think that the relationship between creatinine and brain function deserves serious attention.

Brain Health and Cognitive Benefits

And certain groups may be especially interesting, and that includes older adults, can include vegetarians and vegans like I mentioned earlier, because their dietary creatine intake tends to be lower.

And researchers are also investigating creatinine under conditions of increased metabolic stress, including sleep deprivation. So when we talk about creatine, we should stop thinking about only muscle cells.

Think more like muscle energy, brain energy and energy for all the cells of the body. And here's another reason this conversation matters. Our creatinine status can be influenced by several things that change as we age.

Older adults may consume less creatine-containing foods. They may have less muscle mass available for creatinine storage. Fiscal activity often decreases and the physiological systems involved in producing and storing creatines can change with aging.

So ironically, the stage of life when maintaining muscle and brain function becomes increasingly important may also be the stage when creatine becomes especially important and interesting as well.

This is one reason creatinine has moved from the world of sports nutrition into the field of healthy aging research and I think that's an important shift.

We're no longer asking only can creatines make an athlete stronger, we're asking instead can supporting cellular energy help an older adult maintain muscle, strength, cognitive function and quality of life?

That's a much more interesting question. There's another potential benefit that's getting attention, glucose metabolism. Skeletal muscles are one of the major tissues responsible for disposing of glucose after you eat.

That means maintaining healthy muscles isn't just important for strength, it's important metabolically. Research has investigated whether creatine, particularly when combined with exercise, may support glucose handling.

And there's evidence suggesting potential benefits including effects involving glucose transport into muscles. The evidence is much more convincing for creatinine plus exercise than for taking creatines by itself.

Metabolism, Who May Benefit, and Supplement Forms

That just makes sense. so I wouldn't use creatine as a supplement only for diabetes. Instead, I would look at it as one potential component of a much larger metabolic strategy.

That would include exercise, maintaining muscle, appropriate carbohydrate intake, adequate protein, having a healthy body composition, have adequate and high quality sleep, and other medical management when necessary.

Now creatine can complement that strategy, but it really needs to be a well-rounded approach to glucose metabolism. Again, there are several groups I think should at least know about the research I'm talking about.

First, adults over the age of 50. Maintaining muscle and strength becomes progressively more important as we age. Second, women in midlife and beyond.

Women experience changes in muscle & bone health, aging and menopause. And creatinine research in women has expanded substantially. Third, as I mentioned a few times, vegetarians and vegans, because again, creatine is bound primarily in animal foods.

Fourth, people who exercise, and I don't mean professional athletes, of course that's very much indicated in those people, but for the rest of us. If you're doing resistance exercise two or three times a week to stay healthy, creatine can help support the adaptations you are trying to achieve.

And finally, anyone interested in healthy aging and maintaining physical function should at least understand what creatinine does. So what type of creatines should you use?

Well, this part is surprisingly simple. There are many forms of creatine on the market. There's creatinine hydrochloride, there's buffered creatines, There is createne nitrate, createine citrate and various proprietary forms.

But the form with the overwhelming amount of research behind it is Creatine Monohydrate. It's the forum I generally recommend and it's a forum we carry in our creatined wellness which we get from Germany.

And it extensively studied and importantly there isn't convincing evidence that some types of creatine other than creatinine monohydrate really have any better benefits.

No, most of the research is done on creatined monahydrates. So how much creatines should one use? Well, for most healthy adults using creatins for general health or exercise support, a common maintenance dose is five grams of Creatine Monohidrate daily.

And there's another common misconception. You don't have to do a loading phase. You'll sometimes see protocols recommending around 20 grams daily for several days to rapidly saturate the muscles.

And there really isn't much research demonstrating that this is beneficial. So for most people, 5 grams up to 10 grams a day is what's recommended for creatine supplementation.

This is especially true if you're a healthy adult or if your exercising moderately, then 5g of creatinine is usually the amount that I'd recommend that you use every day.

Now a common question about creatine is, does it damage the kidneys? And this seems to be the one medical concern people have about Creatine. And it's understandable because doctors frequently measure something called creatinine when evaluating kidney function.

Dosage, Safety, and Common Concerns

Now creatine is different. Creatine has eventually converted into creatinine. So if you're supplementing creatines, your serum creatinin may increase a little bit.

But here's the key. A change in creatinen does not automatically mean creatins has damaged the kidneys. This distinction is very important. In healthy individuals, the research has demonstrated that the recommended amounts of creatined monhydrate do not cause kidney damage.

And this was conducted in terms of research in 2025 with over 600 human studies. And they found no significant differences in the side effects between creatine and placebo groups.

So there's a lot of safety data when it comes to creatinine. Now, of course, if you already have chronic kidney disease or kidney impairment, then yes, you would not start creatine on your own.

You'd have to discuss it with your nephrologist or your doctor or family doctor to see if your able to use it to any degree. But for people who don't have kidney problems, dont have any serious health issues, creatine supplementation is very safe and very effective.

People always ask, does creatinine increase fat on the body? And no, studies do not show that creatines cause an increase in fat mass. In fact, when creatined is combined with resistance exercise, which is what we're obviously recommending, it actually helps to preserve or increase lean muscle tissue.

Now, some people ask about dehydration, cramps, and hair loss. These are concerns sometimes I read about. Well, first, creatine has not been shown to cause dehydation.

The research does not support the common claim that creatinine also causes muscle cramping. And third, There's a persistent internet claim that creatine causes hair loss and there's really no good clinical evidence that Creatine Causes Hair Loss or Baldness.

Now what can cause hair-loss is rapid weight loss or extreme diets. So some people may be taking creatines, they're on extreme diet, calorie deprived diets, radical diets and lose hair.

It's not because of the creatinine, it's because the type of extreme that they are on. So here's what I find most interesting about creatine. It represents a shift in how we think about healthy aging.

For years, people viewed muscle as something athletes cared about. Today, we know muscle is central to metabolic health, mobility, physical resilience, and independence.

For years, people just thought this is something bodybuilders use. But now we know it's good for aging, for cognitive function, from repairing from workouts, helping with energy levels.

Because again, your cells require ATP.

Why Creatine Matters for Healthy Aging

Your muscle cells required ATP, Your brain cells requires ATP and the creatine fossil creatinine system is one device, fundamental systems for rapidly regenerating that energy.

And that's why I think creatines is so interesting and can be so helpful for so many people. Well I hope you enjoyed that video. Look for other videos I have on creatine and helping to increase energy levels, how to create lean muscle mass, and how achieve a healthy body weight.