

The Ultimate Beginner's Guide to Creatine By 1st Optimal Nutrition Research & Optimization Experts



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What Is Creatine and How Does It Work?

Creatine is a naturally occurring compound found in your muscles and brain. It's made from amino acids (arginine, glycine, and methionine) and produced primarily in your liver and kidneys. About 95% of creatine is stored in muscle tissue, where it helps regenerate ATP—the body's main energy currency especially during high-intensity, short-duration activity.

How It Works

During activities like lifting weights or sprinting, your body relies on ATP for energy. But ATP stores are limited. Creatine helps recycle ATP faster, which means more strength, more reps, and better recovery.

Creatine also supports brain energy metabolism, which is why it's gaining popularity for its cognitive and mental health benefits especially in women.

Creatine Is Not a Hormone or Steroid

Creatine is often misunderstood. It is not a hormone or anabolic steroid. It's a naturally produced compound that supports cellular energy, safe for both men and women.

<http://www.1stOptimal.shop>



Benefits of Creatine – Backed by Science

✓ Muscle Strength, Power & Endurance

Creatine improves muscular strength, training volume, and lean mass.
Kreider et al., JISSN, 2017

✓ Brain Function & Hormone Support (Especially for Women)

Creatine supports mental clarity, memory, and focus particularly during high-stress periods, hormonal shifts, and sleep deprivation.

Rae et al., 2003; Smith-Ryan et al., 2021

Women tend to have lower baseline creatine levels and may benefit more from supplementation especially during perimenopause and menopause.

✓ Mood & Mental Health

Creatine may help reduce depression and anxiety by enhancing brain bioenergetics. *Roitman et al., 2007*

✓ Muscle Preservation & Bone Density

Older adults using creatine show improved muscle retention and bone mineral density. *Chilibeck et al., 2015*

✓ Enhanced Recovery

Creatine reduces soreness, inflammation, and muscle damage.
Rawson et al., 2011



Creatine-Rich Foods & Supplementation Tips

Creatine is present in foods, but you'd need over 2 lbs of meat or fish daily to reach optimal levels.

Food Examples:

- Creatine per 100g
- Beef (cooked) 0.9 g
- Pork 0.6 g
- Salmon 0.45 g
- Tuna 0.4 g
- Cod 0.3 g
- Milk (whole) 0.1 g
- Cranberries Trace

How to Supplement

Daily Dose: 3–5g/day with or after food

Optional Loading: 20g/day (split into 4 doses) for 5–7 days

Best Taken: With carbs or post-workout

For vegetarians, menopausal women, and high-stress individuals, creatine offers unique cognitive and physical support.

Additional Links And Resources



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Is Creatine Right for You?

Creatine helps with strength, recovery, cognition, mood, and hormone balance. It's among the most researched and safest supplements available.

Free Virtual Consultation with a Health Expert

- [LINK: https://1stoptimal.com/book-a-call](https://1stoptimal.com/book-a-call)

Helpful Quizzes to learn more!

- [LINK: FREE Women's Nutrition Assessment](#)
- [LINK: FREE Men's Nutrition Assessment](#)

Helpful Educational Articles:

- [Is-Creatine-for-everyone?](#)
- [Creatine-benefits-muscle-brain-performance/](#)
- [Creatine-for-women-strength-brain-hormones](#)

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