

CREATINE 101

A VERDURA METHOD RESOURCE GUIDE

Verdura Method:
Lifestyle Changes Before Medications
Science, Mindfulness, and Behavior Change
Working Together.



Verdura Method Resource Guides turn complex topics into plain language and gives you simple steps you can use today. Our aim is to equip you with the knowledge and tools to help you understand your body and make confident choices each day.

QUESTIONS?

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WHAT IS CREATINE?

Your body naturally makes creatine and stores it in muscles. It helps your muscles tap into extra quick energy during hard efforts. You also get small amounts from foods like meat and fish. It's not a hormone or steroid.

WHY DO PEOPLE TAKE IT?

To raise their muscle creatine stores beyond normal levels so they can lift a bit more, sprint a bit harder, and recover faster between sets.

WOMEN & HORMONES

Research shows that for women in Perimenopause/Menopause or with PMS- Creatine may help maintain muscle mass and strength, improve training quality when energy fluctuates, and offers cognitive, mood and memory support.

POTENTIAL SIDE EFFECTS

Creatine pulls water into your muscles, which can make them look fuller and more defined (a "pump"). This is water in muscle.

Because of this, you may notice a couple of pounds of weight gain, but it's water- not fat. Many people notice little change.

You may feel thirstier, and a few people get mild stomach upset or cramps- usually when dehydrated or taking a big dose at once.

Start low: 2.5 g/day for a week to see how you feel; if all good, go to 5 g/day. Drink water, and consider taking it with food or splitting the dose if your stomach is sensitive.

ADDITIONAL FAQ'S

Best kind to buy:

Creatine monohydrate (plain, unflavored).

How much should I take?

Most people: 2.5-5 g, 3-7x a week.

When should I take it?

Any time of day you'll remember. Many take it with a meal or after training.

How long until it works?

With 2-5 g daily, muscles usually "fill up" in 2-4 weeks

Do I need to cycle off?

No. You can use it continuously at normal doses. If you stop, levels drift down over a few weeks.

Hydration matters!

Creatine pulls water into muscle. Drink water regularly, especially on training days.

Does it cause hair loss?

Evidence is limited/inconclusive but some claim to have this side effect.

What do I mix it with?

Water or any drink; nearly tasteless. Taking with food can reduce stomach upset.

Are pills or powder better?

The form (pill vs. powder) doesn't change how it works. When you take the same dose daily, there's no strong evidence that pills absorb better than powder (or vice versa). Some people find powder in water easier on the stomach; others prefer capsules to avoid taste.

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ADDITIONAL FAQ'S

What is Creatine made from?

Creatine that you buy as a supplement comes from 2 ingredients: Sarcosine and Cyanamide.

Where do Sarcosine and Cyanamide come from?

Big chemical companies make them from basic industrial inputs- things like natural gas, air, water, and minerals (e.g., limestone). Creatine manufacturers then buy these ingredients from chemical suppliers, the same way a bakery buys flour and sugar. The supplier ships sealed drums to the creatine plant. In the factory lab, technicians measure and mix them in a reactor so they chemically join and form creatine. The mixture is then filtered, washed, and dried into a pure white powder (creatine monohydrate). The finished creatine doesn't contain sarcosine or cyanamide, and it's not from animals.

Because of this: creatine synthesized in labs comes from non-animal sources, making them vegan, but the natural form of creatine is found in meat and fish, and some capsules use animal-derived gelatin. While the natural source is animal-based, modern creatine monohydrate (the popular supplement form) is produced chemically, so vegans can take it safely, but they should check for gelatin in capsules.

Do foods have creatine?

Yes, small amounts in meat and fish. But it's hard to reach supplement levels from food alone.

Who should talk to their doctor before taking Creatine?

Anyone with kidney disease or major health issues, or if pregnant/breastfeeding.

Can I take it with caffeine?

You can, but the combination may add jitters and upset your stomach. I wouldn't recommend it.

Will Creatine change my body?

As always, supplements are not to be relied on as a magic pill. No supplement can fix an unhealthy lifestyle. It's important to stay hydrated, eat well, move the body, focus on sleep, and destressing. You may see more definition in the body and more energy in the workout. But everything else needs to be focused on to see the full results.

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