AgelessCoach™
AGE STRONG. LIVE LONG.

The Creatine Plan

Four steps, every box checkable. Print it, fridge it, start with the calendar.

CHECKED AGAINST TIER 1 GUIDANCE — NIH ODS · NIH NATIONAL INSTITUTE ON AGING · MEDLINEPLUS

1 BOOK THE TWO STRENGTH DAYS FIRST

- ○ **Write two days into the week** before you order anything. Same two, every week.
- ○ **NIA asks for two:** muscle strengthening on two days, plus the weekly aerobic minutes.
- ○ **Count what you already do:** stairs, carrying shopping, garden work all count.

2 EAT THE FOOD SOURCES YOU ALREADY LIKE

- ○ **Meat and fish** are the dietary sources. You do not need a new shopping list.
- ○ **Your body makes its own too,** in the liver and kidneys, every single day.
- ○ **Food first is not a slogan here.** It is where most of your creatine comes from.

3 TAKE THE SAME SMALL AMOUNT EVERY DAY

- ○ **Steady beats front loading.** Both routes reach the same place, one just faster.
- ○ **Pick a fixed moment:** with a meal, same time daily, so you stop deciding.
- ○ **Give it weeks, not days.** Training adaptation is the thing being measured.

4 CHOOSE PLAIN CREATINE MONOHYDRATE

- ○ **One ingredient named** on the front: creatine monohydrate, nothing bundled.
- ○ **Servings per container printed**, so you can work out the real daily cost.
- ○ **Tell your provider** before you start, especially with any kidney condition.

BEFORE YOU START

Tell your provider, especially with any kidney condition. Supplements are not reviewed for effectiveness before sale (NIH ODS).

BEYOND THE TUB · THE AMOUNTS, THE FOOD, AND WHAT IS ACTUALLY BEING MEASURED

AMOUNTS USED IN THE RESEARCH - *circle the route you pick*

ROUTE	AMOUNT	HOW LONG
Loading, optional	about 20 g a day	5 to 10 days
Maintenance after loading	2 to 5 g a day	ongoing
No loading at all	about 2 g a day	about 30 days to fill

NIH ODS reports both routes raise muscle creatine and phosphocreatine. Loading is faster, not better. These are research amounts, not a prescription for you.

WHERE CREATINE COMES FROM - *meat and fish are the dietary sources*

Beef	a cooked serving	**dietary source**
Pork	a cooked serving	**dietary source**
Salmon	a cooked serving	**dietary source**
Tuna	a cooked serving	**dietary source**
Your own liver and kidneys	every day	**about 2 g a day**

Your body builds creatine from glycine and arginine. Endogenous production covers roughly 2 g a day on its own (NIH ODS).

WHAT THE RESEARCH HAS LOOKED AT - *and what it keeps coming back to*

- ✓ Muscle creatine and phosphocreatine stores
- ✓ Training adaptation over weeks and months
- ✓ Dietary intake from meat and fish
- ✓ Short, hard efforts that need fast energy
- ✓ Muscle strengthening work, twice a week

NIH ODS calls creatine one of the most thoroughly studied supplements for exercise performance. What it documents is muscle stores and training adaptation, which is why the training is not the optional half.