

Creatine: Not Just for Muscles Anymore

New research is shedding light on creatine's potential to support brain health and longevity. Here's why we're paying attention:

- **Backed by decades of research** in athletic performance and muscle recovery.
- **Now studied for brain health:** A recent pilot study (*Creatine monohydrate pilot in Alzheimer's: Feasibility, brain creatine, and cognition*) suggests creatine may help support cognitive function in aging brains.
- **Safe and well-tolerated:** Creatine has an excellent safety profile, even in long-term use.
- **Easy to use:** A tasteless, white powder—just stir into water or a smoothie.
- **Affordable:** One of the most cost-effective supplements with broad benefits.

We like it—for the gym *and* the brain.