



Boost menopause with creatine

Menopause, the natural end of a woman's menstrual cycle, brings about hormonal changes that can affect muscle mass, strength, and bone density. Creatine shows promise as a natural supplement to help manage some of the challenges associated with menopause, particularly muscle loss and bone health.



WHAT IS CREATINE?

Creatine is a naturally occurring substance found in muscle cells and aids in energy production. Our bodies produce creatine, but we can also get it through dietary sources like meat and fish. Supplementation with creatine monohydrate, the most studied form, is readily available.

CAN CREATINE HELP WITH MENOPAUSE?

Creatine may be helpful in managing some symptoms of menopause, especially when combined with resistance training:

- **Muscle loss and strength:** Declining estrogen levels during menopause can lead to muscle loss and decreased strength. Studies show that creatine supplementation in menopausal women can help increase muscle mass and strength, which can improve mobility and daily activities.
- **Bone health:** Menopause increases the risk of osteoporosis, a condition that weakens bones. Early research suggests creatine may improve bone density and reduce the risk of fractures. More studies are needed, but creatine's potential for bone health is promising.



THINGS TO CONSIDER

- While creatine appears to be safe for most healthy adults, it's important to consult with your doctor before starting any new supplement, especially if you have pre-existing health conditions, such as kidney or liver disease.
- The typical recommended dosage for creatine supplementation is 3-5 grams per day.
- Creatine is generally well-tolerated, but some people may experience side effects like bloating, minor stomach cramps, and weight gain due to increased water retention in muscles.
- A healthy lifestyle that includes a balanced diet, regular exercise, and good sleep hygiene remains the cornerstone of managing menopause effectively.