

Daily Creatine Mono

Creavitalis® 100% Creatine Monohydrate



Key Benefits

- » Supports cellular energy production
- » Supports cognitive function and mental resilience
- » Supports muscle health and healthy ageing
- » Supports fatigue and energy resilience

Creatine is a naturally occurring compound present in every cell of the body. It plays a key role in cellular energy metabolism by helping store and transport energy in the form of creatine phosphate. Adequate levels of creatine phosphate support energy availability for muscles and other tissues during demanding physical activity.

A daily intake of 3 g of creatine has been shown to increase physical performance during successive bursts of short-term, high-intensity exercise, such as sprinting or strength training.

Nutritional Information

1 level scoop (3 g) contains:	% NRV*
Creatine Monohydrate 3000 mg (Contains: 2640 mg Creatine)	n.a.

* NRV = Nutrient Reference Value.

Ingredients

100% Creatine Monohydrate (Creavitalis®)

Mitochondrial Dysfunction

Chronic Fatigue / Post-exertional Malaise

Sarcopenia / Muscle Loss

Cognitive Decline & Brain Fog

Insulin Resistance / Glycaemic Dysregulation

Athletic Performance & Recovery

Neurodegenerative Risk

Clinical Application

Creatine monohydrate is one of the most evidence-backed nutritional interventions available, yet its clinical application in functional medicine remains underutilized beyond sports performance.

Creatine functions as a phosphate donor in the ATP-Phosphocreatine (PCr) system, rapidly regenerating adenosine triphosphate in tissues with high and fluctuating energy demands — skeletal muscle, cardiac muscle, and the brain. This makes it directly relevant wherever mitochondrial energy output is compromised or insufficient. The application of Creatine as a therapeutic supplement is indicated in a variety of conditions such as mitochondrial dysfunction, chronic fatigue, sarcopenia — muscle mass declines at approximately 1% per year from age 35 onwards — and neuro-cognitive disease patterns or mood issues.

In patients with mitochondrial energy deficits, ME/CFS, long COVID fatigue, or post-viral syndromes, creatine supplementation supports the PCr buffer, reducing reliance on impaired oxidative phosphorylation and improving cellular energy resilience. Emerging evidence shows that creatine can have a profound effect on brain health as well: as the central nervous system is a very high energy demand organ system, creatine supplementation improves phosphocreatine availability in neural tissue, supporting cognitive function, working memory, and potentially offering neuroprotection in early neurodegeneration. Research also links creatine to improved outcomes in depression and mood dysregulation, particularly in patients with measurably low brain creatine levels.

Potential Benefits

- Supports cellular energy production: Enhances ATP regeneration for muscle and brain function
- Supports cognitive function and mental resilience: Aids memory, focus, and reduces mental fatigue
- Supports muscle health and healthy ageing: Helps maintain strength and counteract age-related muscle loss
- Supports fatigue and energy resilience: Beneficial in low energy states and mitochondrial dysfunction.

Directions for Use

Stir 1 level scoop (3 g) into 250 ml of water daily. 3-5 g daily of Creatine is effective without loading. Onset of benefit is typically 2-4 weeks.

Allergens & Cautions

- Contains no known allergens.
- Suitable for vegetarians & vegans.

Combines well with

Vitamin D, L-Glutamine, Curcumin, Resveratrol