

Creatine Safety Checklist

FitInFlow.space · Based on NIH, ISSN and Mayo Clinic information. For information only, not medical advice. No amounts are given. Updated October 2026.

1. Is creatine a fit for my training?

- ☐ I do regular strength or high-intensity training (sprints, lifting, team sports)
- ☐ My main sport is not endurance-only (creatine adds little for long, steady efforts)
- ☐ Water weight of 1-2 kg will not cause a problem for my sport or weight class

2. Questions for my doctor or pharmacist

- ☐ Is creatine safe with my kidney function and any kidney or liver condition?
- ☐ Does it fit with my medicines, including any that affect the kidneys?
- ☐ I am pregnant, planning pregnancy or breastfeeding: is it appropriate? (safety data are lacking)
- ☐ Buying for a teen? Ask a pediatrician first.

3. Label check

- ☐ Form: creatine monohydrate (most studied; other forms not shown to be better)
- ☐ Single ingredient, not a stimulant pre-workout blend or proprietary blend
- ☐ Third-party seal confirmed on the program website (NSF Certified for Sport if you compete in tested sport)
- ☐ No claims like "anabolic", "mass gainer" or "brain fuel"

4. Myth vs fact

Myth	What the evidence shows
Damages healthy kidneys	Not found in healthy people at recommended doses. It raises blood creatinine, which can look like a kidney problem on tests.
Causes hair loss	Based on one 2009 hormone study that did not measure hair loss and has not been replicated.
Causes cramps	Research does not show higher rates of cramps or muscle injury.
Is a steroid	No. The body makes creatine from amino acids.
Causes fat gain	Weight gain is mostly water in muscle, not fat.

5. Stop and call your doctor if...

You notice swelling, a big drop in urine output, ongoing nausea or diarrhea, or a blood test shows raised creatinine.

Tell your doctor you take creatine before any blood test. Report side effects to the FDA: 1-800-FDA-1088 or safetyreporting.hhs.gov.
Emergency: 911.