



# Creatine in Bariatric Surgery

## 👉 Why Creatine Matters After Bariatric Surgery

In your first year post-op, weight loss is rapid. For most of you, you will be losing 30-40% of your total body weight. I know that's what you want... but here's the catch: Studies show that up to 15% of that weight loss can be lean muscle!

Losing muscle doesn't just affect strength — it impacts metabolism, energy, recovery, and even your long-term weight maintenance.

Creatine helps:

- ✓ Preserve lean muscle
- ✓ Boost energy for daily movement & exercise
- ✓ Support faster recovery
- ✓ Prevent extreme fatigue

## 🧠 Beyond the Muscles: Creatine for Brain + Mood + Bone health

- ✦ Memory + cognition — helping your brain process and recall information more easily
- ✦ Mental health — reducing fatigue, easing depression and anxiety symptoms
- ✦ Perimenopause & menopause — creatine supports muscle retention, bone health, and steadier moods during hormonal changes

It's not just a supplement for the body — it's fuel for your brain and emotional wellbeing too.

## 📌 How to Take Creatine Post-Op

Here's the simple, safe way to use it:

- 👉 Type: Creatine monohydrate (most studied + most effective)
- 👉 Dose: 3–5 grams daily (no need to “load” large doses - you can do 20g/ day for the first week then reduce it to 3-5g per day, but its really not necessary and that dosage may cause intestinal problems)
- 👉 Timing: Anytime — consistency matters more than timing
- 👉 How: Mix into water, tea, drinking yogurts/ milky drinks or smoothies (it's tasteless and dissolves easily)
- 👉 Safety: Creatine is safe for bariatric patients once you're 6 weeks post op and if you have **healthy kidneys**.

Creatine is not a magic powder! You cannot take it and think it will work its magic when you are sitting on the couch and eating badly - it works best with a proper nutritional plan, protein intake, strength training and vitamin/mineral support.

