

NUTRITION GUIDE

The Creatine Guide

The most researched supplement in sports nutrition, explained simply

Creatine has more research behind it than almost any other supplement and yet it's still misunderstood. This guide covers exactly what it does, how to use it, and clears up the myths that stop people from taking it.

8 Key Facts

Daily Application

Common Myths

Do's & Don'ts

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WHY CREATINE IS WORTH TAKING

Creatine improves strength, power output and muscle recovery, backed by decades of research with an exceptional safety profile. For the cost, it offers one of the best returns of any supplement available.

THE NUMBERS

- **DAILY DOSE**

3-5g per day, taken consistently, timing matters far less than daily consistency.

- **LOADING PHASE**

Optional. Load with 20g/day for a week to saturate faster or take 5g daily and reach the same point in about a month.

- **TYPE**

Creatine monohydrate, the most researched, cheapest, and most effective form available.

THE FOUNDATION RULE

Consistency matters more than timing. Taking 5g every single day, regardless of when, will get you the full benefit, obsessing over pre or post-workout timing is unnecessary.

8 KEY FACTS ABOUT CREATINE

Timing Doesn't Matter Much

FACT

Research-backed

Take it whenever is convenient, with food, in a shake, any time of day.

No Cycling Needed

FACT

Long-term safe

Daily long-term use is well supported, there's no need to take breaks from it.

Water Retention Is Normal

FACT

Not fat gain

Creatine draws water into muscle cells, this is a feature, not fat gain.

Mixes With Anything

PRACTICAL

Flexible

Water, juice, a protein shake, even coffee, it dissolves easily into any drink.

Safe For Healthy Kidneys

FACT

Well studied

Decades of research show no kidney damage risk in people with healthy kidney function.

Some Non-Responders Exist

FACT

Genetic factor

A small percentage of people see minimal benefit due to naturally high baseline creatine stores.

Works Best With Training

PRACTICAL

Combine both

The biggest benefits come when paired with a consistent resistance training programme.

Extremely Cheap

PRACTICAL

Best value supplement

One of the lowest-cost supplements per serving with genuinely proven benefits.

HOW TO APPLY THIS DAILY

Using creatine correctly is genuinely simple, resist the urge to overcomplicate it.

Take 5g every single day

Consistency is the only thing that matters, pick a time that's easy to remember and stick to it.

Mix into whatever you're already drinking

No need for a separate ritual, add it to your morning coffee, a protein shake, or a glass of water.

Drink enough water throughout the day

Since creatine draws water into your muscles, staying hydrated supports how well it works.

SIMPLE DAILY ROUTINE

Add 5g creatine monohydrate to any drink

Take at the same time each day for consistency

No need to time it around training specifically

COMMON MYTHS ABOUT CREATINE

These myths stop a lot of people from taking one of the best-supported supplements available.

1

"You need to cycle on and off it"

Ongoing daily use is supported by decades of research, cycling provides no additional benefit.

2

"It causes bloating and fat gain"

The water retention is inside the muscle cells, not under the skin, it isn't fat gain.

3

"It damages your kidneys"

In people with healthy kidney function, research consistently shows no damage even with long-term use.

4

"You must load it to see benefits"

Loading just gets you to full saturation faster, 5g daily reaches the same point within about a month.

5

"Expensive advanced formulas are better"

Creatine monohydrate remains the gold standard, other forms are pricier with no proven added benefit.

LOADING VS STANDARD DOSING TIMELINE

Approach	Time To Full Saturation
Loading (20g/day)	5-7 days
Standard (5g/day)	~28 days
Both approaches	Same result

DO

- ✓ Take it daily and consistently, this matters more than any specific timing.
- ✓ Choose creatine monohydrate specifically, other forms are more expensive with no proven added benefit.
- ✓ Drink enough water throughout the day, creatine draws water into your muscles.

DON'T

- ✗ Don't believe you need to cycle it; ongoing daily use is supported by decades of research.
- ✗ Don't overpay for 'advanced' creatine formulas, monohydrate remains the gold standard.
- ✗ Don't expect overnight results, benefits build over weeks of consistent use, not days.

THE BOTTOM LINE

5g of creatine monohydrate daily, taken consistently, is all that's needed for most people. It's cheap, safe, and genuinely effective, don't overcomplicate it.

WANT THE FULL SYSTEM, NOT JUST ONE PIECE?

This guide is one piece of the puzzle. The Fit Dad Challenge brings training, nutrition and mindset together into one 6-week programme built around a dad's actual life.

[Join the Fit Dad Challenge — £99](#)