CREATINE vs CREATININE

WHAT'S THE DIFFERENCE

These words sound alike, but they are not the same

Creatine

- A natural substance stored in your muscles
- Also a common supplement used to support strength and workouts

Creatinine

- A normal "waste" product made from muscle activity
- Measured in bloodwork to help estimate kidney filtering (often shown as eGFR)

Why creatine can change your lab numbers...

If you take creatine as a suplement, your body may convert a little more of it into creatinine.

That can cause:

- Creatinine to go up a little
- eGFR* to look lower on paper

This does not always mean kidney damage. It often means the test is being affected by muscle or supplements.

*eGFR is an estimate of how well your kidneys filter your blood. It is calculated from your creatinine blood test, so muscle, hydration, hard exercise, and creatine supplements can sometimes affect the number.

MORE INFORMATION

Many people use creatine in a **simple maintenance dose of 3–5 grams daily,** and some people choose a short "loading phase," but it is not required. It is a good idea to talk with your provider before using creatine

Warnings:
if you have kidney disease or low kidney function, a kidney transplant history, unexplained abnormal kidney labs, are pregnant or breastfeeding, or take medications that may affect kidney function.

Quick Questions and Answers (FAQ)

Is high creatinine always kidney disease? No. Creatinine can change based on muscle mass, diet, hydration, supplements (including creatine), and recent intense exercise, so results need to be interpreted in context.

Can creatine make eGFR look worse? Yes. Because eGFR is often calculated using creatinine, a small rise in creatinine from creatine use can make eGFR appear lower even when kidney filtration is normal.

What is a test that may be less affected by muscle or supplements? Cystatin C is sometimes used when creatinine-based eGFR may be misleading, because it is generally less influenced by muscle mass and creatine supplementation.

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