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Creatine: More Than Muscle Fuel

Creatine isn't just for athletes — it supports both brain and muscle energy for people at every stage of life. It works like an extra battery pack inside your cells, helping you generate quick, reliable energy during moments of high demand, whether that's a workout, a long meeting, or a stressful day. Research shows creatine can also support cognitive performance, muscle strength, and recovery, making it a powerful tool for maintaining energy, focus, and resilience as we age.

Creatine = a compound that helps your muscles and brain quickly make energy.

01 Mini Teaching
It supports strength, cognition, and lean body mass — not just gym buffs.

02 Example
It's the “extra battery pack” for high-demand moments — workouts, exams, or long days.

03 Try This Today
Add 3–5 g creatine monohydrate to your morning smoothie or water.

Check us out online:
<http://healthyuacademy.com>

Select a plan:
<https://tinyurl.com/healthyu-amaze>

