

Forum:[Hack Forums](#)

Thread: [Question regarding creatine](#)

0xc0de - May 10, 2023, 9:17 am

I've been going to the gym for 2 months right now and the only supplement I take is protein powder.

I see a lot of people talking positive about creatine and that people who lift should really consider to take it, now I've read online creatine can cause hair loss which makes me a bit scared to try it.

What should i do? Will creatine really help a lot with gaining muscle mass?

randomuser23 - May 17, 2023, 7:57 am

There's a lot of literature on creatine and basically it is 100% supported by the science. There's an excellent video by Jeff Nippard on it.

HOWEVER, as you have been going to the gym for two months, there is basically no need for you to take creatine right now. It will slightly increase muscle mass and maxes, but if you focus and put the necessary time and effort you will see tons of 'newbie gains,' no need for creatine. There's no detriment (hair loss is a myth) to taking it early, but there's just not much point.

I hope you stay committed to your weightlifting journey, it'll be awesome to look back in a few years!

Dread.Reaper - May 17, 2023, 8:01 am

I read somewhere Creatine if taken in excess can cause crystallization in the blood stream or something along those lines. Not sure how accurate that report was, but Creatine seems like it has minimal benefits for what it is.

Id just focus on Building natural and eating properly, that is honestly the absolute best way to build muscle mass.

SRT - October 8, 2023, 1:41 am

It did cause hair loss for my friend so beware, everyone's body reacts differently

DashPHP - October 8, 2023, 1:47 am

I think you're bit too early of a gym goer to reap the benefits of creatine.

Komodo - October 8, 2023, 7:09 pm

(Oct 8, 2023 01:41 AM)SRT Wrote: [\[CITE\]](#) It did cause hair loss for my friend so beware, everyone's body reacts differently

Idk bout that one, it's hard to say.

Honestly he could of been on the path to losing hair anyway.

Creatine has been studied for so god damn long it's insane.

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detriment (hair loss is a myth) to taking it early, but there's just not much point.

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(Oct 8, 2023 01:47 AM)DashPHP Wrote: [\[CITE\]](#) I think you're bit too early of a gym goer to reap the benefits of creatine.
Y'all some haters.

Sure when you think of Creatine in it's godly powder form you think of the extra boost for experienced lifters to lift heavier, causing your max to go up, causing the cycle to continue forever. That's not the case really.

Here's just a few things I can spitball that Creatine does to the body.
We all know it takes water intramuscular, which makes muscles bigger, and stops cramps which is awesome.

It literally creates ATP which is literally the storage of energy at the cellular level. You guessed it, more energy = more use of your muscles while working out.

Did you know that you are literally tearing your muscles when you workout? Creatine is tracking, and it helps to form together those tears faster.

Ever heard of IGF-1? You should look it up, creatine has an affect on it, and it helps with muscle growth.

I'd talk about loading phases and continue on but I think y'all need to do your own research.

[mention=5037217]

Komodo - October 8, 2023, 7:14 pm

(Oct 8, 2023 07:10 PM)Dyne Wrote: [\[CITE\]](#) Not gonna lie brother the only practical use I've seen come out of creatine is thwarting piss tests on parole for drug users.

You'd have to know about the piss test like 2 days prior to it happening, but that's pretty fuckin smart honestly.

You still have to put in the work, but Creatine is awesome if used properly.

SRT - October 8, 2023, 9:14 pm

(Oct 8, 2023 07:10 PM)Dyne Wrote: [\[CITE\]](#) Not gonna lie brother the only practical use I've seen come out of creatine is thwarting piss tests on parole for drug users.

Exactly, it's better to focus on diet and good nutrition rather than relying on supplements.

I'm not a fan of that protein powders as well.

Grim - October 8, 2023, 10:07 pm

Iv taken it on and off been going to the gym everyday except weekends for 2.5 years now and not seen a difference so I stopped.

DashPHP - October 8, 2023, 10:48 pm

(Oct 8, 2023 07:09 PM)Komodo Wrote: [\[CITE\]](#) Idk bout that one, it's hard to say.

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[mention=5037217]

The average gym goer is not depleting their energy resources like an avid gym goer would, that's my point. Just taking extra drugs for no reason at that point.

Eran - October 9, 2023, 12:42 am

Creatine is amazing and works wonders for me. The only downside is going to the toilet more frequently

Komodo - October 9, 2023, 7:02 am

(Oct 8, 2023 10:48 PM)DashPHP Wrote: [\[CITE\]](#) The average gym goer is not depleting their energy resources like an avid gym goer would, that's my point. Just taking extra drugs for no reason at that point.

It takes way more energy to create muscle than it does for you to maintain muscle.

What is it 2-5 pounds of muscle per month of a beginner compared to 1-3 pounds for an advanced lifter because of physics.

Yea, I'd want some creatine.

DashPHP - October 9, 2023, 7:10 am

(Oct 9, 2023 07:02 AM)Komodo Wrote: [\[CITE\]](#) It takes way more energy to create muscle than it does for you to maintain muscle.

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I'm just not so sure in his case because he may already be getting sufficient creatine from the food he eats (and for his workout level).

But should he increase his intensity and have been consistently, then I think it's good to take it additionally on top of proteins.

Komodo - October 9, 2023, 7:31 am

(Oct 9, 2023 07:10 AM)DashPHP Wrote: [\[CITE\]](#) I'm just not so sure in his case because he may already be getting sufficient creatine from the food he eats (and for his workout level).

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As someone who looks at Creatinine levels daily, all of y'all need more.

0xc0de - October 9, 2023, 7:33 am

(Oct 9, 2023 07:31 AM)Komodo Wrote: [\[CITE\]](#) As someone who looks at Creatinine levels daily, all of y'all need more.

How do I naturally increase my Testosterone levels? I've been listening to podcasts,... and everyone says men nowadays their testosterone levels are really fucked up.

I was also thinking about taking pills or test or something since people nowadays say Testosterone is good.

DashPHP - October 9, 2023, 7:55 am

(Oct 9, 2023 07:31 AM)Komodo Wrote: [\[CITE\]](#) As someone who looks at Creatinine levels daily, all of y'all need more.

Can't argue with that I guess.

Fair enough. :p

Komodo - October 9, 2023, 1:25 pm

(Oct 9, 2023 07:33 AM)0xc0de Wrote: [\[CITE\]](#) How do I naturally increase my Testosterone levels? I've been listening to podcasts,... and everyone says men nowadays their testosterone levels are really fucked up.

I was also thinking about taking pills or test or something since people nowadays say Testosterone is good.

I don't diagnose or recommend medications and or supplements on this forum.

Best of luck.

Dirty - October 9, 2023, 3:23 pm

I have been taking creatine among other supplements for a while now, not sure if it does anything but even the placebo of feeling good I can accept