

Forum:[Hack Forums](#)

Thread: [Creatine](#)

Chrome - October 19, 2025, 4:23 am

Do you guys take it?

I take creatine, about 3-4g when I have pre-workout before I play pickleball. I'm thinking about taking it even when I don't play pickleball as there's studies about how it improves your brain.

Thoughts?

Eran - October 19, 2025, 4:39 am

It should be taken daily, even on days when you don't train. Makes a world of difference to me.

Chrome - October 19, 2025, 4:39 am

(Oct 19, 2025 04:39 AM)TRS Wrote: [\[CITE\]](#) It should be taken daily, even on days when you don't train. Makes a world of difference to me.

How long have you been taking it? Do you make sure to have carbs when taking it?

Eran - October 19, 2025, 4:41 am

(Oct 19, 2025 04:39 AM)Chrome Wrote: [\[CITE\]](#) How long have you been taking it? Do you make sure to have carbs when taking it?

I fell off in a lot of aspects in life the past few months as well as taking creatine. Longest I've taken it was for a year, perhaps missed a day once or twice a month. I'd use it together with my pre-workout which also included a carb heavy meal to fuel my workouts.

Nostre - October 19, 2025, 4:48 am

I take 5g daily for all the benefits it offers. Back then, I would mix it with something, but nowadays I'll take 5g straight and chase it with water.

Chrome - October 19, 2025, 4:49 am

(Oct 19, 2025 04:48 AM)Nostre Wrote: [\[CITE\]](#) I take 5g daily for all the benefits it offers. Back then, I would mix it with something, but nowadays I'll take 5g straight and chase it with water.

I read up that it's basically useless unless you have carbs otherwise you basically piss it straight out

? sentient ? - October 20, 2025, 1:26 am

Yeah, of course I'm on Creatine Monohydrate. 3-5g isn't enough unless you're really small.

100mg per KG of body weight daily is the recommended dosage AFAIK. At 11% body fat there's a lot of muscle tissue to saturate.

It definitely improves sleep and exercise recovery for me, and also short term energy bursts (5-60 seconds).

I'm not doing it for hypertrophy though. Not taking it with carbs, I mostly either take pre-workout or before bed, works great.

Eran - October 20, 2025, 6:53 am

(Oct 19, 2025 04:49 AM)Chrome Wrote: [\[CITE\]](#) I read up that it's basically useless unless you have

carbs otherwise you basically piss it straight out
That's strange I didn't stumble upon this information anywhere yet

Mix - October 20, 2025, 6:47 pm

My partner has been taking it daily now and she seems to think it has improved her mind and thinking skills a lot more. I have had it a few times when going to the gym and found it really hasn't effected me.

Yin Yang - October 20, 2025, 7:22 pm

Heck yea bro. 5g a day!

sharn - October 26, 2025, 6:40 am

Yeah, I take creatine sometimes.
It helps me push harder at the gym.

Komodo - January 1, 2026, 9:15 pm

(Oct 19, 2025 04:49 AM)Chrome Wrote: [\[CITE\]](#) I read up that it's basically useless unless you have carbs otherwise you basically piss it straight out

Not completely true. Can still take creatine and get some benefit without carbs. The theory of no carbs and creatine not working as effectively is because carbs increase your insulin levels, and insulin helps drive creatine into your muscles. Which is true, but creatine will still work without it.

That being said, carbs are your friend. Carbs give you energy.

(Oct 20, 2025 01:26 AM)? sentient ? Wrote: [\[CITE\]](#) Yeah, of course I'm on Creatine Monohydrate. 3-5g isn't enough unless you're really small.

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This is one of the "dosages" for loading phases. For everyday maintenance dose it's 5g. Not tons of risk, but extra stress on your kidneys and easier for you to dehydrate. More creatine = more water being absorbed by creatine and put into your muscles = fluid shifts and less water for the rest of your body, increasing your kidney function as it tries to filter the excess creatine and unless you're chugging electrolytes you probably have an electrolyte imbalance as well which isn't healthy long term.

MoOne - January 23, 2026, 12:38 am

I read somewhere you can take up to 10% of your body weight for most optimal results. I've been taking around 7g a day. I'm not sure if the results are placebo but I've been recovering quicker and feel stronger. I train 6 days a week so I've been taking creatine mixed with electrolytes pretty much every day

Cosa Nostra - January 27, 2026, 12:53 pm

Yeah, I take it daily.

Creatine works better when you keep your levels saturated. 3–5g a day is pretty much the standard, even on rest days.

As long as you're hydrated and not doing anything crazy with dosing, it's one of the safest and most researched supplements out there.