



Innovation
through
formulation

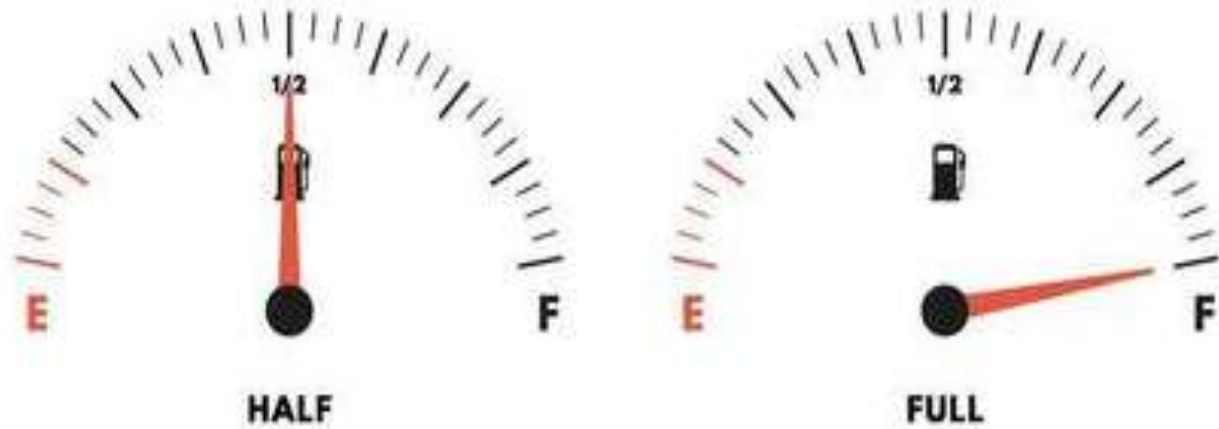
Creatine Across the Female Lifespan

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Registered Nutritionist

Tuesday 14th October 2025



Why Women, Why Now?



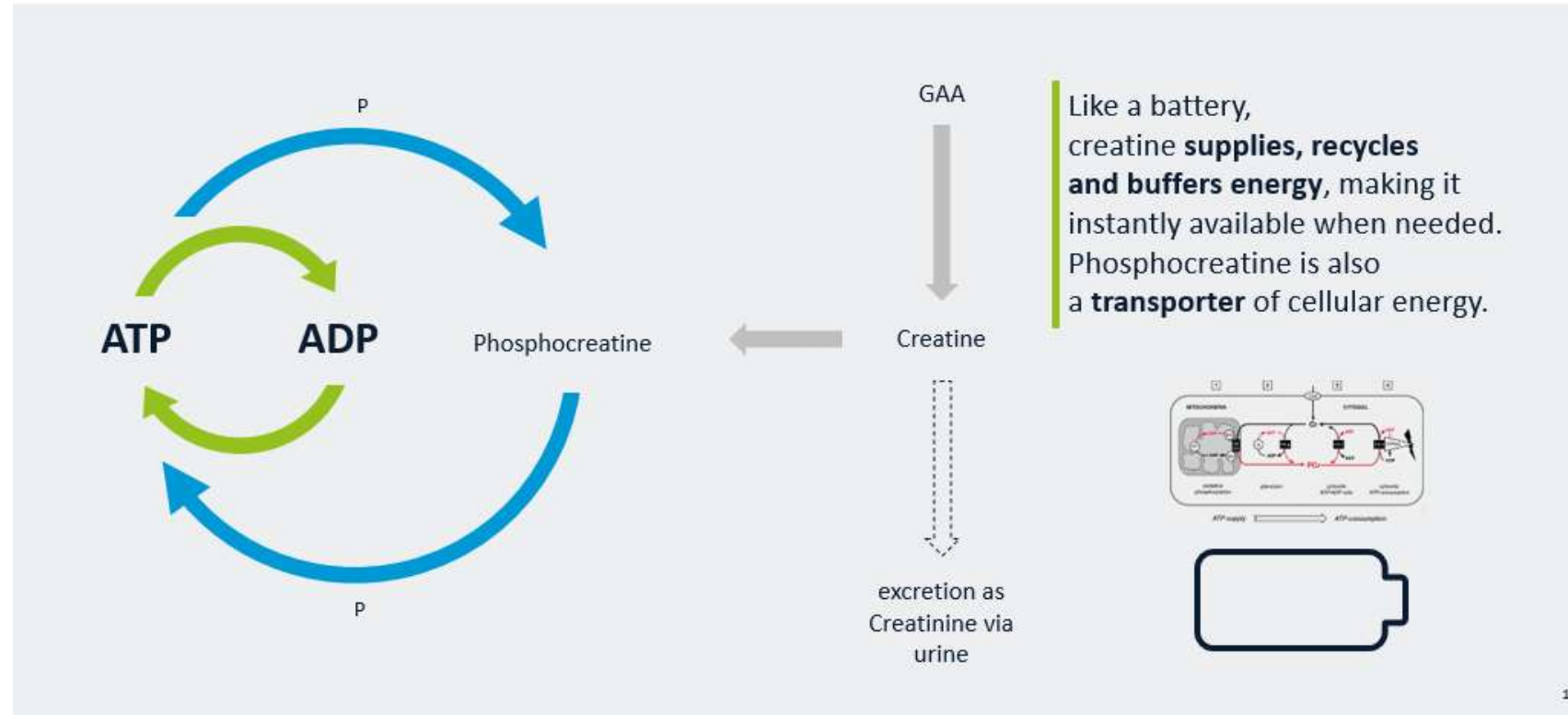
**Creatine isn't just for athletes
- it's for everyday women.**

- Women are not small men
- Lower creatine stores
- Less dietary intake (meat & fish)
- Hormonal cycles influence use & storage

Creatine 101

- Supports ATP regeneration (energy)
- Stored in muscle and brain
- Synthesised in liver, kidneys
- Found in red meat, fish

THE ROLE OF CREATINE IN THE ENERGY METABOLISM



The Research Shift: From Gym to Life

- Hormonal status and cycle phase now accounted for
- Emerging evidence for brain, bone, and mood benefits
- Widened lens: from athletes to aging populations

Based on extensive scientific research, we recommend CreaVitalis® for the following applications:



Sarcopenia



Male Fertility



Cardio-Vascular Health



Special Nutrition/Reha



Women's Health



Post Viral Fatigue



Cognitive Function



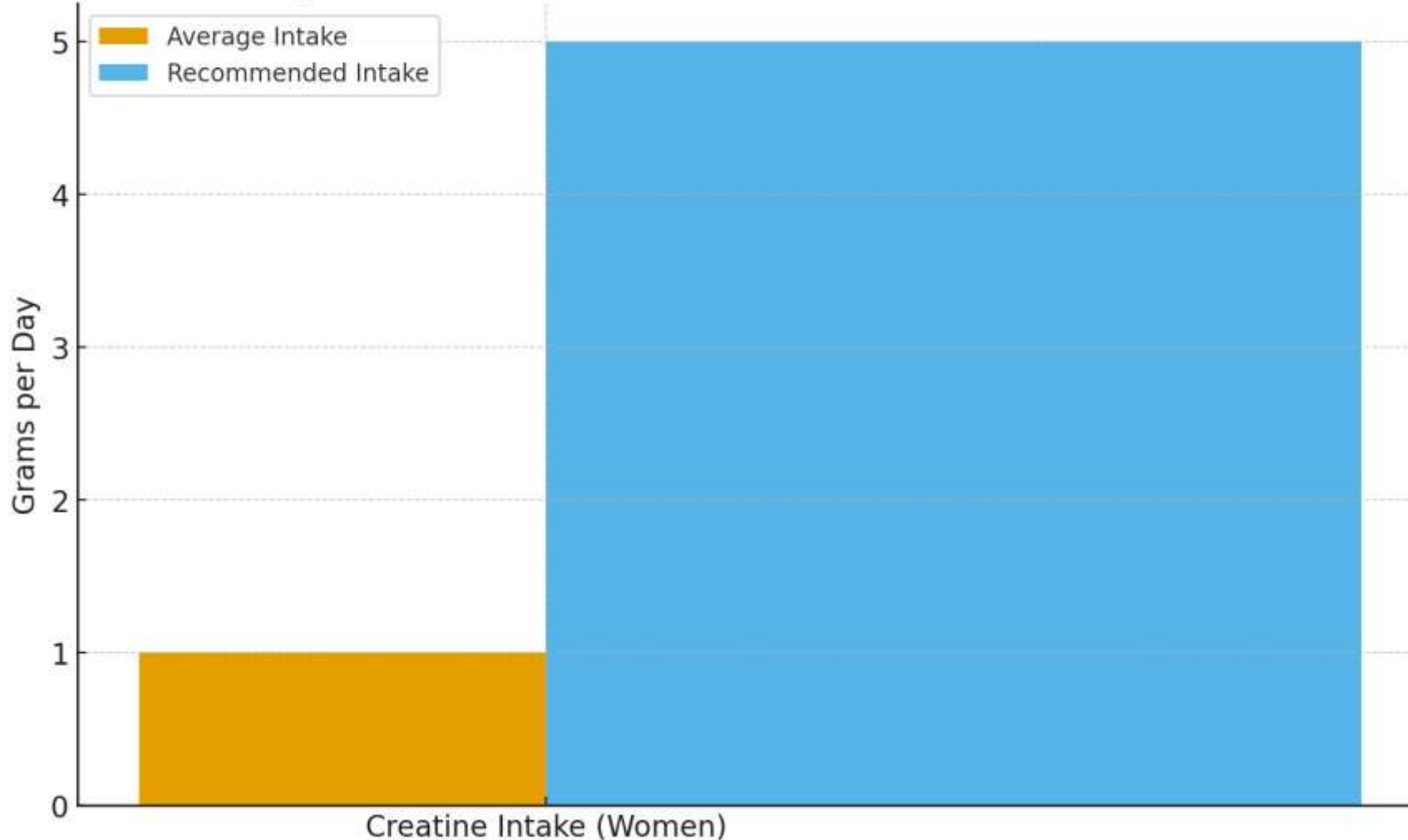
Energy/Vitality
Healthy Aging
Longevity

Good summary: [Creatine - The Power Supplement | Richard Kreider, PhD](#)

Perimenopause: *Over Half of Women Are Under-consuming Creatine*



Average Creatine Intake vs Recommended Intake (Women)



- NHANES: >50% of women consume <math><13\text{ mg/kg/day}</math>
- Associated with higher risk of gynaecological disorders
- At-risk groups: vegetarians, older women

Women Are Not Small Men: Why Sex-Specific Nutrition Matters



Life Stage	Age Range	Key Features
Childhood 🧒	0-10	Pre-pubertal; baseline creatine needs
Menarche 💧	~11-13	Onset of menstruation; hormonal cycling begins
Reproductive Years 🏃♀️	~14-35	Regular menstrual cycles; athletic peak
Perimenopause ⚖️	~35-50	Hormonal fluctuations; early declines
Menopause 🧠	~50-52	Cessation of cycles; estrogen drops
Postmenopause 👴	52+	Aging concerns: muscle, bone, cognition

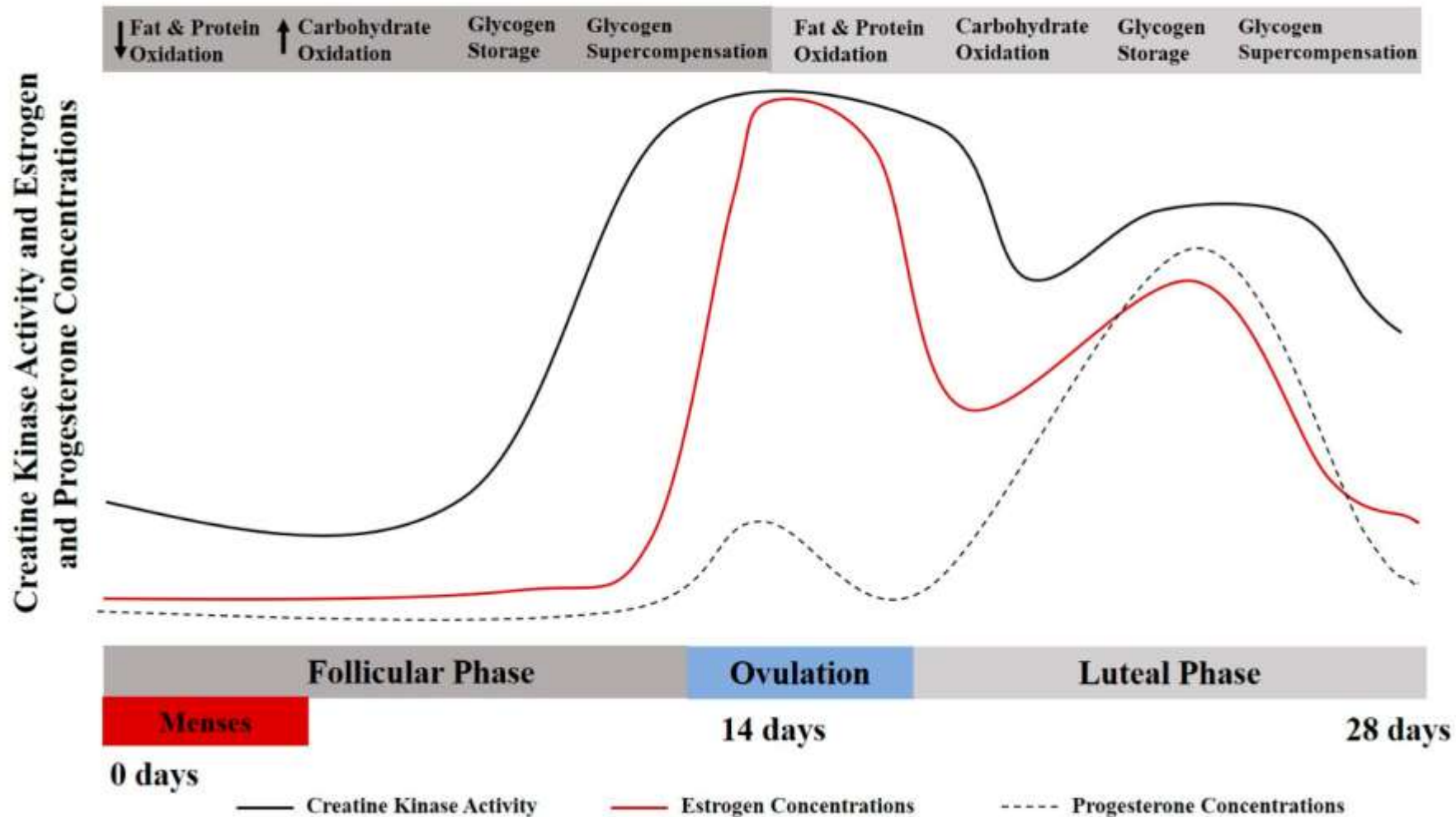
The tide is turning. Research now shows:

- Creatine's effects vary across the menstrual cycle.
- More than half of women don't get enough creatine from their diet.
- Supplementation may help during hormonal transitions.
- Creatine is not just for athletes.

Creatine in the Luteal Phase: Performance & Comfort



Creatine Kinase Activity Throughout the Menstrual Cycle



Perimenopause: *Creatine During Hormonal Transition*

- Estrogen/progesterone drop → affects muscle, mood, bone health
- Creatine shows plausible benefits for:
 - 🍌 Muscle
 - 🦴 Bone
 - 🧠 Mood & Cognitive Function



75% of woman experience **hot flashes**



87% of woman have changes in **body composition**



78% of woman have **digestive issues**



77% of woman suffer **brain fog**



86% of woman experience **mood swings**



80% of woman suffer **poor sleep**

Menopause: *Creatine During Hormonal Transition*



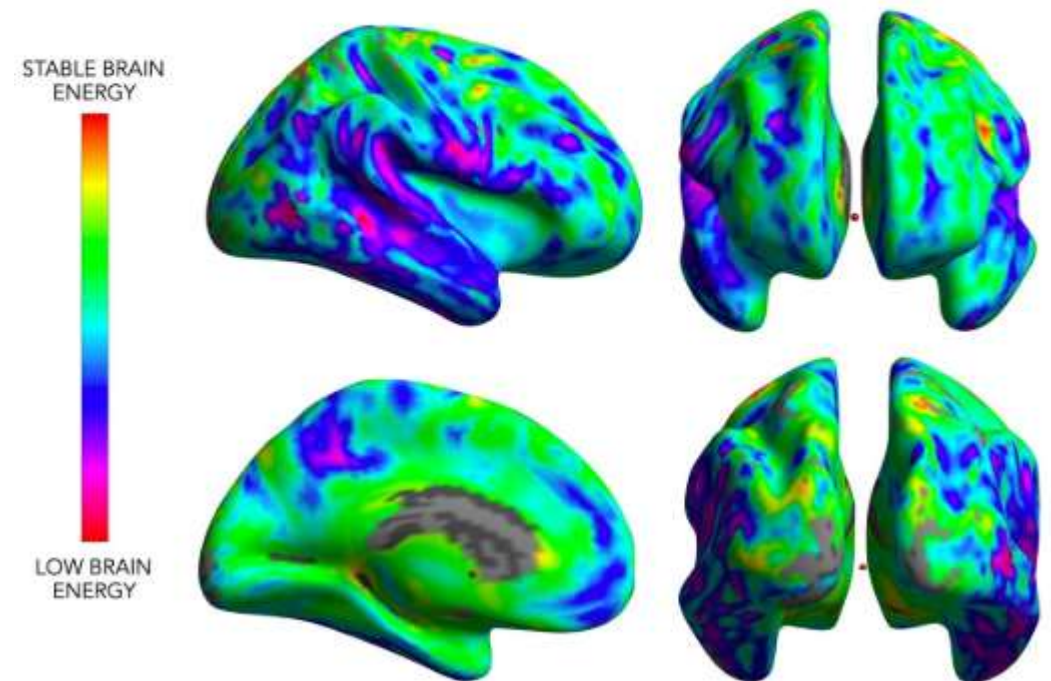
- Estrogen declines → reduced brain glucose metabolism
- Creatine supports neuronal energy and neurotransmitter balance

• Potential benefits:

- 🧠 Memory
- 💡 Executive Function
- 😊 Mood
- 💤 Sleep

Non-hormonal support during menopause

**Menopause changes your brain.
It's science, not fiction!**



Creatine + resistance training = resilience and independence in aging.



- In older women, creatine + resistance training improves:
 - 💪 **Lean Mass**
 - 🦴 **Bone Strength**
 - 🧑 **Balance & Functional Strength**
- This helps reduce frailty and extend quality of life

Creavitalis[®]

Mental Clarity

- Supports focus, memory & cognitive performance
- Enhances resilience under stress or sleep loss

Mood Support

- Boosts dopamine & serotonin pathways
- Promotes emotional balance & reduces mental fatigue

Sleep Resilience

- Helps maintain alertness when rest is limited
- Supports faster mental recovery

Stress Resilience

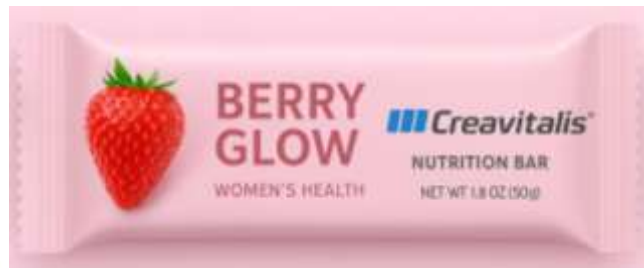
- Balances brain & body energy systems
- Builds stamina and mental strength under pressure



Opportunities for Women-Focused Creatine Products



- Functional food space
- Combined formulas (e.g. creatine + magnesium, B12, adaptogens)
- Targeted delivery by life stage





Recommended Dose

3 grams per day — the sweet spot for women



Safety

Researched for decades; minimal side effects



Consistency Over Loading

No loading phase needed — just take it regularly



Maximize Muscle & Bone Benefits

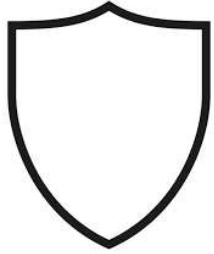
Combine with resistance training



Boost Brain & Mood Benefits

Pair with good nutrition and adequate sleep

Key Takeaways



Safe & Versatile – Creatine is well-researched and reliable.



Innovation Ahead – Creatine is moving beyond gyms into women's wellness products.



Beyond Athletes – Benefits cognition, mood, sleep, and healthy aging.



Timing Matters – Menstrual cycle, perimenopause, and menopause offer unique opportunities.



For Every Woman – Supports women across all life stages, especially those starting with lower levels.

Creapure® vs. Generic Creatine

Emphasizing the Difference between Creapure® and other Creatine

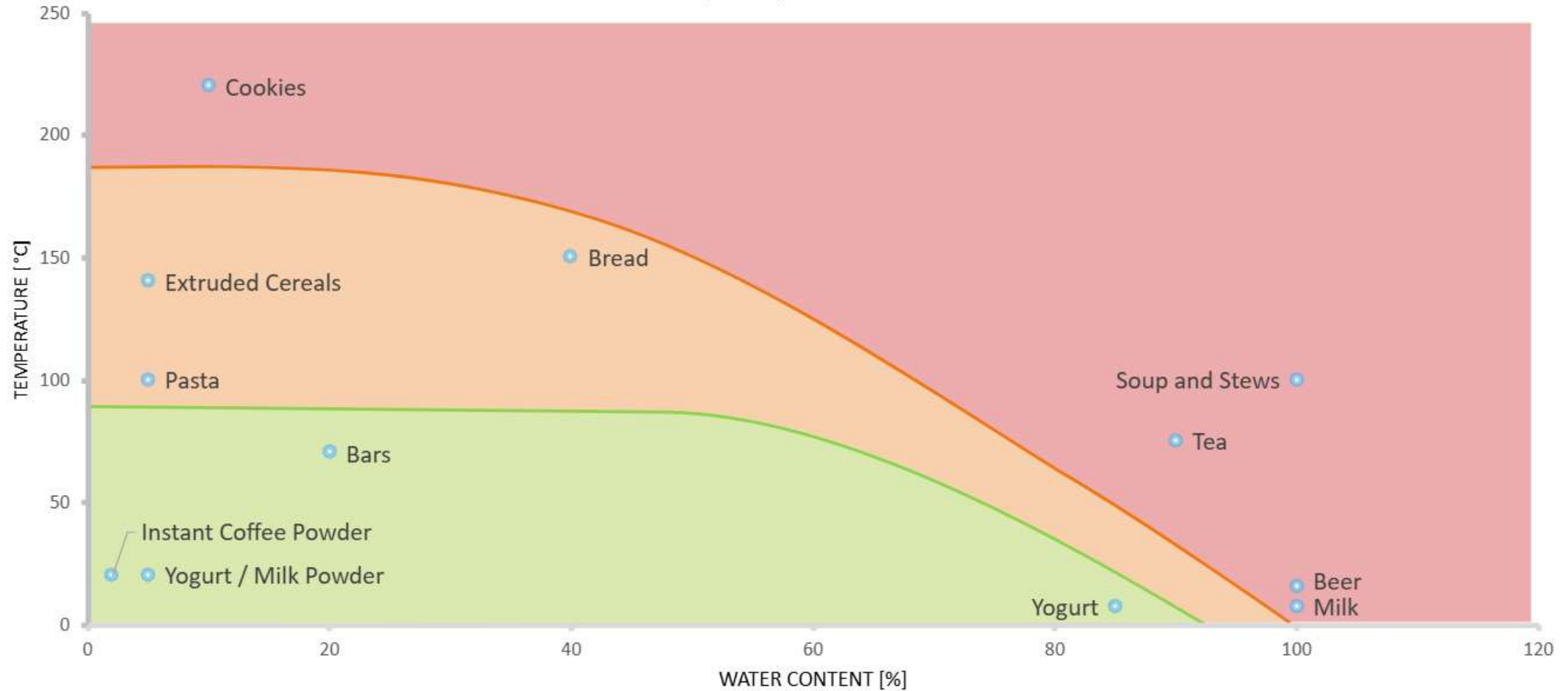
Not all Creatine is equal. Here is what sets Creapure® apart from other Creatine products:

 Creapure®	Other Creatine
✓ Made in Germany	✗ Made in China
✓ Highest quality and purity	✗ Potential impurities (e.g. dihydrotriazine, heavy metals)
✓ Proven by thousands of studies over decades	✗ Often novel forms of Creatine that are not well studied
✓ Fulfills European Safety Authority (EFSA) requirements	✗ x
✓ Full transparency (production clip , company clip , direct contact via info@creapure.com)	✗ x
✓ Well recognized, international brand	✗ x
✓ Focus on a sustainable manufacturing process	✗ x
✓ Basic raw materials are produced in-house	✗ x

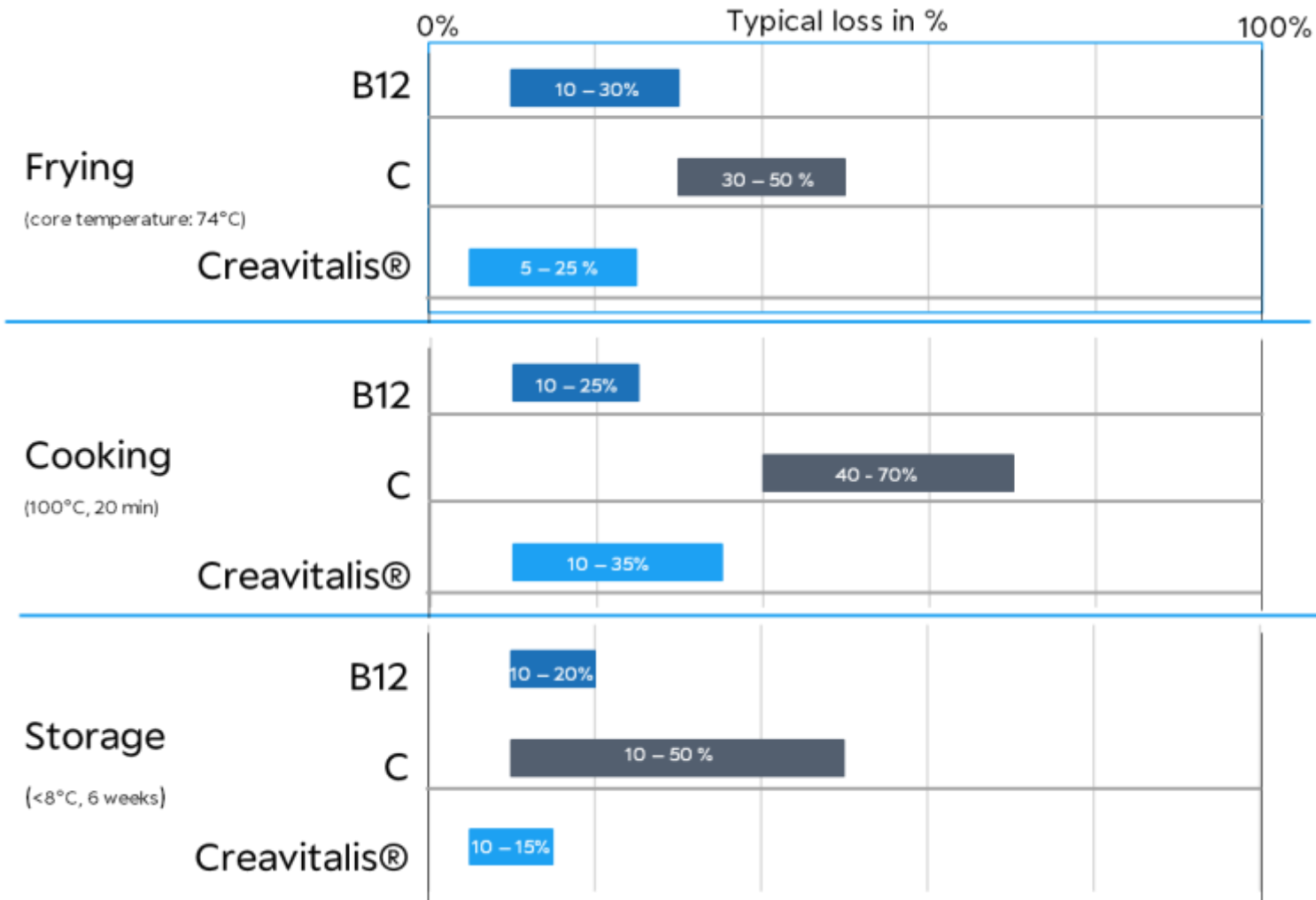
Creavitalis in Food Applications



Stability Map Creatine



Degradation of Creavitalis® in food processing compared to Vitamin B12 und Vitamin C



→ Creatine is more stable than Vitamin B and Vitamin C

→ Stability of Creatine is comparable to Vitamin B and better than Vitamin C

→ Stability of Creatine is better than Vitamin B and Vitamin C