

CREATINE 101

The Quick Facts For Players. No Fluff.

What It Actually Is

Creatine is not magic. It's fuel.
Your body already makes a little bit and stores it in your muscles.
Creatine just tops off the tank. More fuel means more power for fast, explosive moves.
It's already in the food you eat. Steak. Chicken. Fish.
Same deal as vitamin C. You can get it from oranges. Or you can take vitamin C powder. Same nutrient, just a more reliable dose.

Why It Helps You

Baseball is not a sport of long, slow jogging. It's short bursts of everything you've got.

- Faster bat swings
- Quicker sprints to first base
- Harder throws
- Faster recovery, so you're ready for the next play

More fuel. More power. Simple.

Old Myths. Busted.

People still repeat stuff that isn't true. Here's the real deal:

- “It hurts your kidneys.” FALSE. Decades of studies on healthy people say no.
- “It dehydrates you and causes cramps.” FALSE. It actually helps your body hold onto water.
- “It causes hair loss.” FALSE. A 2025 study checked. No difference.
- “It's basically a steroid.” FALSE. It's found in meat and fish. Steroids and creatine work in completely different ways.

Your Schedule

First 15 days: you ramp up, then ramp back down. Grams per day, split into three doses.

Day	AM	PM	Night	Total	Day	AM	PM	Night	Total
Day 1	1g	1g	1g	3g	Day 9	5g	5g	5g	15g
Day 2	2g	2g	2g	6g	Day 10	4g	4g	4g	12g
Day 3	2g	2g	2g	6g	Day 11	4g	4g	4g	12g
Day 4	3g	3g	3g	9g	Day 12	3g	3g	3g	9g
Day 5	3g	3g	3g	9g	Day 13	3g	3g	3g	9g
Day 6	4g	4g	4g	12g	Day 14	2g	2g	2g	6g
Day 7	4g	4g	4g	12g	Day 15	2g	2g	2g	6g
Day 8	5g	5g	5g	15g	Maintenance	–	–	5g	5g

After that: 5 grams, once a night, every night. For as long as you are playing baseball.

The Rules. Non-Negotiable.

1. Take it every single day. Even on off days. Even in the off-season.
2. Take your maintenance dose at night. Same time, every time. That's how you never forget.
3. Only use NSF Certified products. That's what we provide. No exceptions.
4. Always talk to your parents and coach before you start.

The Bottom Line

Creatine won't do the work for you.
It just makes sure your body has what it needs when you do the work.
Show up. Put in the reps. Let the fuel do its job.