CREATINE FOR BASEBALL PLAYERS

A Parent's Guide: What Science Says About Creatine

Written in plain language, with links to the research behind it

Creatine is one of the most studied supplements in sports, with more than 1,000 studies over the last 30 years. This guide covers how it may help baseball players, checks the old myths against current science, and explains the safety steps built into our program.

It's worth remembering that creatine isn't a foreign substance, it's already in foods like meat and fish, the same way vitamin C is already in oranges and bell peppers. Supplementing simply provides a consistent, measured dose instead of relying on food alone.

How It Helps

Creatine helps muscles produce quick energy, which supports the fast, powerful movements baseball requires:

- Faster, more powerful bat swings
- Quicker sprints to first base or stealing a bag
- Harder, stronger throws
- Faster recovery between innings and between games

What the Research Shows

Large research reviews on team-sport athletes show creatine has little benefit for long, steady endurance work, but a strong, consistent benefit for short, powerful bursts, which is the exact kind of movement baseball needs.

The International Society of Sports Nutrition (ISSN), a leading sports science group, reports that creatine combined with strength training builds more strength, power, and muscle than strength training alone. Their position stand is the most widely cited safety and efficacy summary in the field.

Studies of high school and college players link bat swing speed to grip strength, core strength, and total-body power. Strength training programs have been shown to increase bat swing speed, and creatine is one of the best-studied ways to boost the strength gains that come from that kind of training.

Some research cited by the ISSN found that athletes taking creatine had fewer heat-related illnesses, muscle strains, and other injuries than athletes who did not, likely tied to better recovery between games and practices, which matters over a long baseball season.

Old Myths, Checked Against the Science

MYTH: Creatine hurts your kidneys.

FACT: In healthy people using normal doses, decades of research, including studies lasting up to five years, show no harm to kidney function.

This myth traces to a single 1998 case report involving a patient who already had kidney disease. It has never been repeated in healthy people.

A NOTE ON EXISTING CONDITIONS: This research applies to people with healthy kidneys. If your child has an existing kidney condition or any other ongoing medical issue, please talk with their doctor before starting creatine or any supplement.

MYTH: Creatine causes dehydration and cramps, so it's risky in hot weather.

FACT: Research shows the opposite. The ISSN reports creatine does not increase cramping or dehydration, and it may help the body manage heat better.

Creatine pulls extra water into muscles, increasing total body water rather than draining it. A well-known 2008 review was even titled “Putting to Rest the Myth” of creatine causing cramps and dehydration.

MYTH: Creatine causes hair loss.

FACT: No study has ever directly found that creatine causes hair loss. A 2025 trial measured hair thickness and count over 12 weeks and found no difference from placebo.

This myth began with one small 2009 study that found a short-term hormone change, but that study never measured hair loss, and later studies have not repeated the finding.

MYTH: Creatine is basically a steroid or unsafe for teen athletes.

FACT: Creatine is not a hormone or steroid. It's a natural substance found in food like meat and fish, and it's permitted at every level of organized sports.

The ISSN states no study has reported a harmful health effect from creatine use in healthy people, short or long term.

MYTH: The weight gain from creatine is just water weight that will slow players down.

FACT: Some early water weight is normal, but long-term use is linked to real gains in muscle and power, not just water.

That added strength and power is a benefit for a sport built on fast, explosive movement.

Supplement Quality Control

Supplements aren't regulated as tightly as medications, so product quality varies widely between brands. To make sure players get a clean, accurately labeled product, we only source creatine that is NSF Certified for Sport. Every certified batch is independently tested for banned substances, label accuracy, and contamination, so what's on the label is what's actually in the container.

Our Loading & Maintenance Schedule

Rather than jumping straight to a high dose, we use a gradual ramp-up and ramp-down schedule over the first two weeks. The daily amount increases a little at a time, split evenly across morning, afternoon, and night doses, building to a peak around Day 8 or 9. From there, it tapers back down the same way over the following week. This slower approach gives the body time to adjust and makes it much easier to catch and manage any stomach discomfort early, rather than starting at a high dose all at once.

After that two-week ramp, players move to a steady maintenance dose of 5 grams a day, taken as a single dose at night. Once on maintenance, consistency matters more than timing, so we recommend pairing the dose with an existing nightly habit, like dinner or bedtime. Creatine works best when taken every day, including off days and the off-season, and a fixed nightly routine is the easiest way to avoid missed doses. The full day-by-day schedule is included in the player's guide.

Bottom Line

Creatine's benefits match up well with what baseball players need: quick, powerful bursts for swinging, sprinting, and throwing. The safety fears common a decade or more ago have not held up after 20 to 30 years of research in healthy people. A quick conversation with a doctor is still a smart first step, especially if your child has an existing health condition.

Sources and Further Reading

- ISSN Position Stand on Creatine Safety and Efficacy (NIH/PMC): https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5469049/
- ISSN Position Stand on Creatine Supplementation and Exercise (NIH/PMC): https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2048496/
- Review: Putting to Rest the Myth of Creatine Causing Cramps and Dehydration (NIH/PubMed): https://pubmed.ncbi.nlm.nih.gov/18184753/
- 2025 Randomized Controlled Trial on Creatine and Hair Loss (NIH/PMC): https://pmc.ncbi.nlm.nih.gov/articles/PMC12020143/
- Meta-Analysis on Creatine and Anaerobic Athletic Performance (NIH/PMC): https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6520963/
- Study on Strength, Power, and Bat Swing Velocity in Baseball Players (NIH/PMC): https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10610610/
- NSF Certified for Sport — Product Certification Program: https://www.nsfsport.com/
- UCLA Health: Why Everyone's Talking About Creatine: https://www.uclahealth.org/news/article/why-everyones-talking-about-creatine
- Cleveland Clinic: Does Creatine Cause Hair Loss?: https://health.clevelandclinic.org/does-creatine-cause-hair-loss