

STRENGTH, REDEFINED



CREATINE

Your Essential Launch Guide

COMING 12.11.2025



For years, creatine has carried a reputation as the go-to supplement for bodybuilders and hardcore gym-goers looking to pack on muscle. But that’s only part of the story. New research and a growing focus on total-body wellness have brought creatine into the spotlight – not just as a strength booster, but as a versatile supplement with far-reaching benefits for everyday people.

In 2025, creatine is recognised for what it truly is: a science-backed, safe, and effective support tool for energy, cognition, performance, and overall wellness – whether you’re chasing muscle gains, aiming for sharper focus, or wanting to age stronger.

So, what is creatine?

It’s a naturally occurring compound used by every cell in your body that helps regenerate adenosine triphosphate (ATP) – your body’s primary energy source for muscle contractions and brain activity. By providing quick, accessible energy, creatine supports improved strength, sharper focus, and better physical and mental performance.

And no, it’s not just for “gym bros” – creatine is hormone-free, well-researched, and suitable for a wide range of lifestyles, including women, older adults, and plant-based eaters.

Ready to discover how creatine can work for you? Dive into this guide to learn about the benefits and easy ways to add Isagenix Creatine to your daily routine.

*This product is not currently available in France, Denmark & Italy.



FOR A CLEAN, RELIABLE BOOST



PROVEN RESULTS: Backed by 500+ peer-reviewed studies on strength, recovery, and cognition



BETTER ABSORPTION: Micronised powder for fast, effective absorption with no clumps



PURE & SIMPLE: Third-party tested, just one ingredient, stimulant-free, and completely flavourless



CLINICAL DOSE: Up to 5g of creatine monohydrate per serving — the most-studied form and amount



WHO CAN BENEFIT FROM ISAGENIX CREATINE?

ANYONE 18+ CAN BENEFIT! Despite common myths, creatine isn't just for bodybuilders, it supports strength, energy, and brain function for all lifestyles.



WOMEN

Great for lean muscle, energy, and mental clarity, especially during hormonal changes like menopause.



OLDER ADULTS

Helps maintain muscle, mobility, and cognitive health as we age.



PLANT-BASED EATERS

Since creatine comes mostly from meat, supplementation helps fill the gap for strength and energy – no compromise to your diet.



ACTIVE & FITNESS LIFESTYLES

Enhances workout performance, boosts strength, and speeds up recovery – perfect for anyone who moves their body regularly.



HOW MUCH CREATINE DO I NEED?

WE RECOMMEND USERS TAKE BETWEEN 2.5-5G (A HALF SCOOP TO A FULL SCOOP) OF ISAGENIX® CREATINE DAILY. Your ideal dose within that range depends on your body size, gender, lifestyle, and health goals.

Here are some general, evidence-based guidelines to help you personalise your routine:



Over 200 pounds/90 kilograms? You may benefit from the higher end of the range (closer to 5g/day).



Smaller body size or just getting started? A lower dose (around 2-3g/day) may be plenty.



Women generally require slightly less than men due to lower average muscle mass but benefit equally from supplementation.



Plant-based eaters may benefit from the higher end of the range, as they get less creatine from their diet.



For brain, mood, or ageing support, 2-3g/day is a great starting point for most people.



If you're strength training regularly, aim toward the middle-to-upper end if you're under 150 pounds, or the upper end if over 150 pounds to support recovery and performance.



If you already use AMPED Nitro, aim for about 2g of Creatine/day, or a little less than half a scoop.



POWER UP YOUR WELLNESS: PERFECT PAIRINGS FOR CREATINE

Creatine is powerful on its own but when paired with other targeted Isagenix products, you unlock a whole new level of support for energy, performance, recovery, and focus.



IsaLean® Shake & Creatine

This duo helps support lean muscle, satiety, and post-workout repair – whether you're training hard or just starting your wellness journey.

WHY IT WORKS: Protein gives your body the building blocks. Creatine helps your muscles use them more efficiently. Together? Total body support.



Nootropic Elixir & Creatine

While Creatine supports brain energy at the cellular level, nootropics help enhance mental clarity, mood, and concentration.

WHY IT WORKS: Creatine fuels your brain. Nootropics fine-tune your focus. Perfect for work, workouts, or tackling a busy day.



Hydrate + Hyaluronic Acid & Creatine

Creatine pulls water into your muscle cells (where it belongs), and Hydrate + Hyaluronic Acid helps replenish electrolytes for better performance, recovery, skin health and energy.

WHY IT WORKS: Hydration is key for creatine absorption and effectiveness. This pairing keeps you performing at your best without crashing

NOW PART OF THE AMPED NEXT LEVEL PACK: The ultimate performance stack just got better. Creatine is now a permanent part of the AMPED Next Level Pack, giving you an all-in-one system for strength, stamina, and recovery – no guesswork needed.



FOLLOW OUR EXAMPLE SCRIPTS & STRENGTHEN YOUR BUSINESS

CURRENT CUSTOMERS

Hey X! I know you're already loving your Isagenix routine, so I HAD to tell you about this new launch in Europe – **Creatine**!

This isn't your average gym-bro creatine – it's clean, effective, and designed to support strength, recovery, and overall vitality. It's perfect for women navigating hormonal changes, workout warriors pushing their limits, and anyone wanting to age stronger and feel better every day. I think you're going to love how it fits in. Want me to send you the details?

PROSPECTS

(People Interested but Haven't Bought Yet)

Hey X! I wanted to keep you in the loop! Isagenix just launched a next-level **Creatine** supplement – it's clean, effective, and perfect whether you're training hard or just want to boost your wellness game.

It helps support strength, lean muscle, better recovery, and even brain power!

Wanna try it? I can get you early access before it officially launches!

PAST CUSTOMERS

(Who Haven't Ordered in a While)

Hey X! You popped into my mind and I had to reach out – Isagenix just launched **Creatine** and it's a game changer for energy, recovery, and feeling strong. Perfect for hormone balance, healthy ageing, or anyone wanting to feel their best. Want the info?

VIP CUSTOMERS

(Big Buyers & Brand Lovers)

Hey X! I know you love all things Isagenix, so I had to give you the VIP scoop...

Creatine is officially launching in Europe! It's next-level support for performance, recovery, and even cognitive function – and of course, it's Isagenix quality, so no fillers or junk.

Want me to lock you in for early access?

SOCIAL MEDIA FOLLOWERS

(IG/FB Stories or DMs)

Story/Caption: NEW PRODUCT DROP! You already know I'm obsessed with all things wellness – and Isagenix just launched the cleanest, most effective **Creatine** supplement I've tried.

It's perfect for performance, recovery, and even focus – with zero bloat. This isn't just for gym-goers – anyone can benefit. Drop an emoji if you want early access or more info!

BONUS SCRIPT: THE PERFECT ADD-ON

(For Those Who Already Use a Fave Product)

Hey X!

I know you already love your [product name or "Isagenix staples"] – so I wanted to share the perfect add-on that's getting incredible feedback...

Creatine is here – clean, powerful, and designed to amplify your results. Whether you're looking for more energy, better recovery, or extra strength – this is your new go-to. Want me to send you the details?





FAQs

HOW OFTEN SHOULD I TAKE CREATINE?

Daily! Consistency is key. Taking 2.5–5g per day helps saturate your muscles over time for better strength, energy, recovery, and brain support. No need to load or cycle – just think of it like brushing your teeth: small, steady habits = big long-term results.

CAN CREATINE HELP DURING PERIMENOPAUSE & MENOPAUSE?

Yes! Creatine supports strength, energy, bone health, and even mood during hormonal changes. It's hormone-free, well-researched, and works naturally with your body; making it a smart addition to your midlife wellness routine.

WILL CREATINE MAKE ME BLOATED?

Nope, creatine hydrates your muscle cells, not the space under your skin. That means better performance, not puffiness. Bloating myths often come from low-quality formulas or outdated loading protocols.

IS CREATINE A STEROID?

Not even close. Steroids are synthetic hormones that alter your body's chemistry. Creatine is a natural compound that supports energy production (ATP), safely and legally – no hormones involved.



PRICING

CREATINE			
COUNTRY	SUBSCRIPTION REWARDS	PIB	BV
UNITED KINGDOM	£20.00	£3.33	14
NETHERLANDS	€20.71	€3.80	14
BELGIUM	€20.14	€3.80	14
GERMANY	€20.33	€3.80	14
AUSTRIA	€20.90	€3.80	14
PORTUGAL	€20.14	€3.80	14
SPAIN	€20.90	€3.80	14
SWITZERLAND	€19.49	€3.80	14
SWEDEN	€21.28	€3.80	14
NORWAY	€21.85	€3.80	14
IRELAND	€21.57	€3.80	14
FINLAND	€21.66	€3.80	14
POLAND	€20.52	€3.80	14
ROMANIA	€21.09	€3.80	14
BULGARIA	€22.80	€3.80	14
CYPRUS	€19.95	€3.80	14

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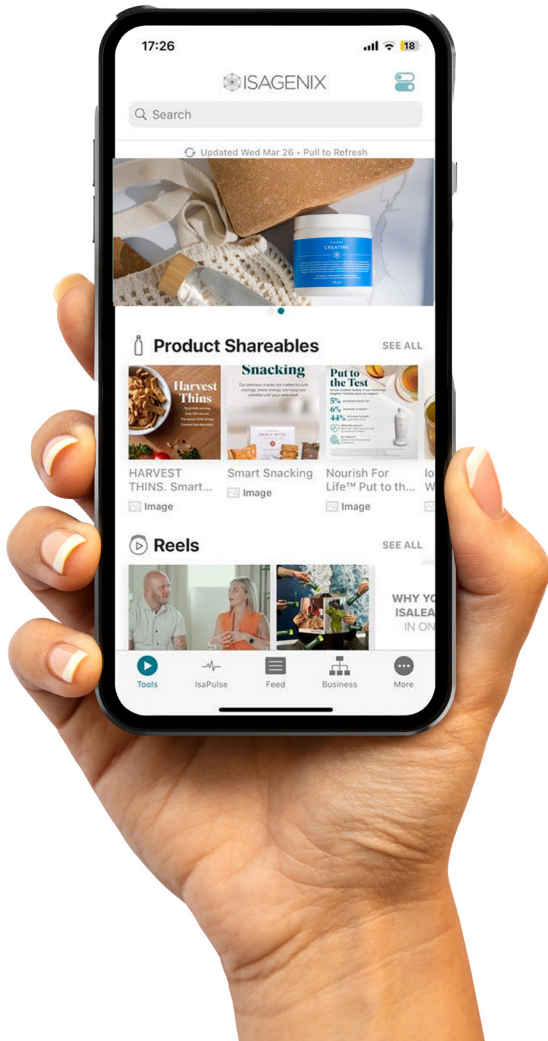


SHARING CONTENT

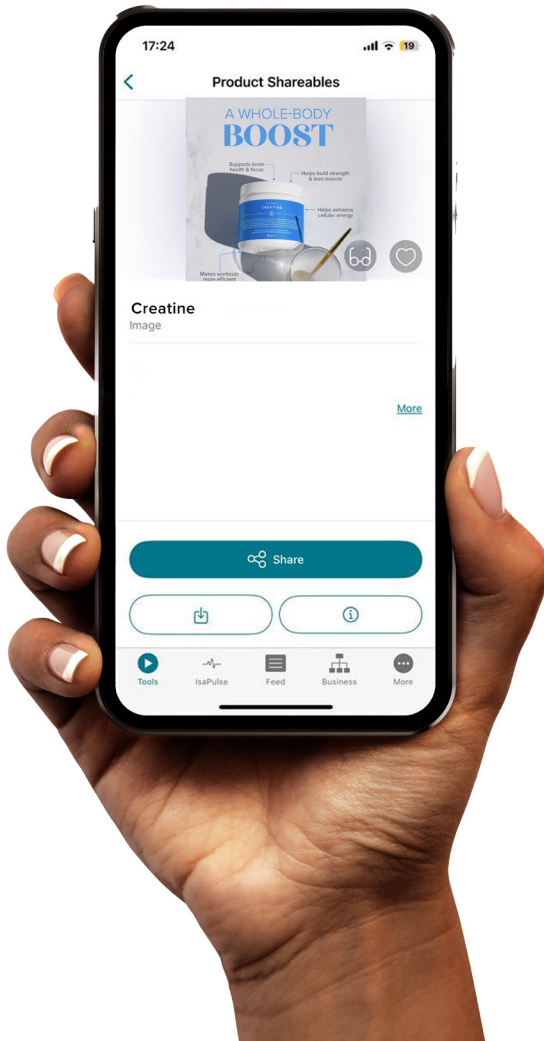
SENDING CONTENT (AND NOTIFICATIONS!) TO YOUR TEAM COULDN'T BE EASIER WITH THE ISAPULSE+ APP.

DOWNLOAD THE
ISAPULSE+ APP from the
Apple App store or the
Google Play store

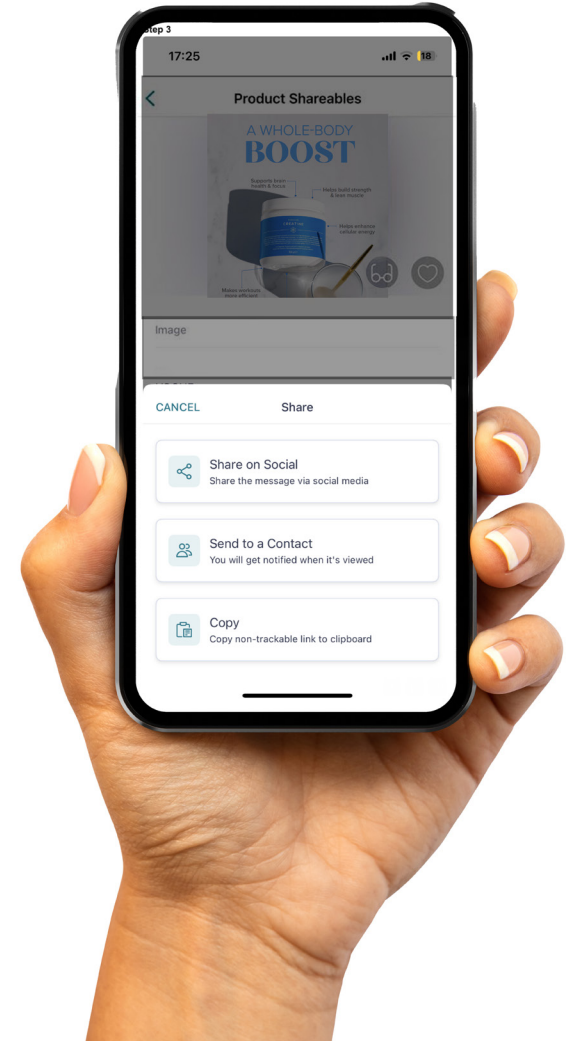
STEP 1:
HEAD TO 'TOOLS'



STEP 2:
FIND THE ASSET +
CLICK SHARE



STEP 3:
CHOOSE WHICH PLATFORM
YOU WANT TO SHARE ON





FREE GIFT

**FREE FROTHER
for the first 200
customers when
using codes:**

UK: UKCREATINE

EU: EUCREATINE



MICRONIZED
CREATINE



Creatine increases physical performance in successive bursts of short-term, high intensity exercise. / Creatine verhoogt de fysieke prestaties in opeenvolgende reeksen korte, hoogintensieve oefeningen. / La créatine améliore les capacités physiques en cas de séries successives d'exercices très intenses de courte durée. / La creatina mejora el rendimiento físico en series sucesivas de ejercicio intenso de alta intensidad. / Kreatin erhöht die körperliche Leistung bei Schnellkrafttraining im Rahmen kurzzeitiger intensiver Körperbetätigung. / La creatina incrementa le prestazioni fisiche in caso di attività ripetitive, di elevata intensità e di breve durata.

Food supplement / Voedingssupplement / Complément alimentaire /
Complemento alimenticio / Nahrungsergänzungsmittel / Integratore alimentare

150 g e

Available on all order types. Use code UKCREATINE when purchasing Creatine as an a la carte order in the UK and EUCREATINE when purchasing Creatine as an a la carte order in Mainland Europe to claim a free premium, branded frother. Applies to first 200 orders, while stock lasts.