

CREATINE LOADING EXPERIMENT — 15 DAY TRACKER (3-Phase View) | Metabolic Response to Creatine Monohydrate
PHASE 1: BASELINE (Days 1–2) Full labs + EEG
PHASE 2: LOADING (Days 3–9) — 20g/day, split into four 5g doses · Mid-point bloodwork on Day 9
PHASE 3: MAINTENANCE (Days 10–15) — 5g/day · Full labs + EEG on Day 15
Diet, exercise, and caffeine cutoff (after 2PM) held constant throughout

Subject ID: AS-28821

Subject: 28M, Vegetarian, BMI ~22–24

Duration: 15 Days

Category	Parameter	Unit	Baseline (Days 1–2)	Loading (Days 3–9)	Maintenance (Days 10–15)
—	—	—	0 g/day	20 g/day (4×5g)	5 g/day
General	Creatine Dose	g/day	0	20	5
	Body Weight Change	kg	0	1.8	1.5
Renal	Creatinine	mg/dL	0.8	1.4	0.9
	eGFR	mL/min/1.73m ²	98	Stable (no drop reported)	98
	BUN	mg/dL	14	15	13
Metabolic	Fasting Glucose	mg/dL	88	89	86
	Post-meal Glucose Response	vs baseline	Baseline	~10% lower	~lower
	Fasting Insulin	uIU/mL	6.2	5.1	4.8
Muscle	CK (Creatine Kinase)	U/L	120	190	140
Liver Function	ALT	U/L	24	26	23
	AST	U/L	20	22	19
Hematology (CBC)	WBC	10 ³ /μL	6.2	6.6	6.1
	RBC	10 ⁶ /μL	5	4.85	5
	Hemoglobin (Hgb)	g/dL	14.9	14.5	15
	Hematocrit	%	44	42.5	44.2
	Platelets	10 ³ /μL	240	248	238
Electrolytes	Sodium	mmol/L	140	138	140
	Potassium	mmol/L	4.2	4.4	4.1