

HEALTHY SELF



DR. G INVESTIGATES: CREATINE FOR BRAIN PERFORMANCE

WHAT I DID & WHY

Analyzed clinical research on sleep deprivation, brain energy, and how creatine impacts cognitive performance compared to caffeine.

THE RESULTS

Sleep deprivation reduces brain energy, slowing focus, reaction time, and decision-making.

Caffeine improves alertness but does not restore brain energy. Creatine supports ATP production and may help maintain cognitive performance. CREATINE SHOWED POTENTIAL TO SUPPORT PERFORMANCE UNDER SLEEP DEPRIVATION

**WANT TO GO DEEPER? LISTEN TO
THE FULL PODCAST HERE!**



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APPROACHES DR. G CAN'T VOUCH FOR :

These approaches may help you feel better temporarily but do not address the root issue of brain energy depletion.

- **Caffeine**
- **Energy drinks**
- **Stimulants**
- **Overuse of coffee**
- **Short-term alertness hacks**
- **Low-quality supplements**
- **Unverified creatine blends**
- **Proprietary formulas**
- **Cheap mass-market products**

Caffeine improves alertness but does not fix the brain's energy problem. Low-quality supplements may lack purity and proper testing. This doesn't mean these tools are useless, but it does mean they don't solve the root cause.

**FIND OUT WHICH BRANDS PROVIDED FULL
TRANSPARENCY AND PASSED THE CACAO
INVESTIGATION!**



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THE WINNERS FOR DR. G'S CREATINE INVESTIGATION ARE IN!

- **Kion**
- **Puori**
- **Pro Health**
- **Just Ingredients**
- **Creatine**
- **Cymbiotika**



These brands focus on purity, third-party testing, and high-quality creatine monohydrate, supporting energy production in the brain and body during high demand.

GET DISCOUNTS HERE

[Exclusive Offer - 15% Off with Cymbiotika- CLICK HERE](#)

[Exclusive Offer - 20% Off with Puori - CLICK HERE](#)

[Exclusive Offer - 10% Off with Just Ingredients - CLICK HERE](#)



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