

# Creatine supplements appear to help people suffering from post-COVID-19 fatigue: Clinical trial

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The amino acid creatine is essential for muscle and brain health, and people commonly use creatine supplements to improve exercise

performance and increase muscle mass. Results from a clinical trial published in [Food Science & Nutrition](#) indicate that dietary creatine may also benefit individuals experiencing post-COVID-19 fatigue syndrome (also known as long COVID).

In the trial, 12 people with post-COVID-19 fatigue syndrome were randomized to take a placebo or 4 grams of creatine monohydrate per day for six months.

Creatine intake caused a significant increase in creatine levels in leg muscles and across the brain at both three-month and six-month follow-ups. Creatine supplementation also led to a significant reduction in general fatigue after three months of intake, and it significantly improved scores for several post-COVID-19 fatigue syndrome–related symptoms—including loss of taste, breathing difficulties, body aches, headaches, and difficulties concentrating—at the 6-month follow up.

"Endorsing creatine might be of great importance in tackling this prevalent condition, but additional studies are warranted to confirm our findings in various post-COVID-19 cohorts," said corresponding author Sergej M. Ostojic, MD, Ph.D., of the University of Novi Sad, in Serbia.

**More information:** Jelena Slankamenac et al, Effects of six-month creatine supplementation on patient- and clinician-reported outcomes, and tissue creatine levels in patients with post-COVID-19 fatigue syndrome, *Food Science & Nutrition* (2023). [DOI: 10.1002/fsn3.3597](https://doi.org/10.1002/fsn3.3597)

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