

Creatine +

POWER YOUR PERFORMANCE.

Plexus® Creatine + redefines creatine with a science-backed blend of creatine monohydrate, L-leucine, and vitamin D3 that supports cellular energy, muscle strength, and cognitive function—delivering complete body and mind performance support in one scoop.*



Why Creatine Matters More Than Ever

For years, creatine lived in the weight room—known mostly as a go-to for bodybuilders and athletes chasing bigger lifts and faster times. But that old story is quickly being rewritten. As research continues to evolve, creatine is emerging as a powerful ally for everyday wellness—also supporting cellular energy, mental clarity, and healthy aging in ways that reach far beyond the gym floor. Today, it’s becoming a foundational nutrient for anyone who wants to stay strong, sharp, and resilient through the demands of real life.

At the same time, people are craving simpler, smarter routines. They want multifunctional, science-backed solutions that deliver more benefits with less clutter.

Empower Your Body and Mind

Plexus Creatine + takes the evolving story of creatine a step further, offering a clean, multifunctional formula designed for real-life performance. Instead of focusing on muscle support alone, it blends three scientifically backed ingredients that work together to fuel both body and mind—helping you stay strong, clear-headed, and energized through workouts, workdays, and everything in between.*

This smart trio includes micronized creatine monohydrate, L-leucine, and vitamin D3. Creatine helps your body regenerate ATP (adenosine triphosphate), the immediate energy source your cells depend on, so you can replenish the fuel that supports movement and mental focus. At the same time, L-leucine promotes muscle protein synthesis and recovery, while vitamin D3 helps maintain muscle strength, bone health, and immune system function.*

With daily use, the powerful trio of ingredients in Creatine + delivers a well-rounded approach to daily vitality you won’t find in typical single-ingredient creatine products.

Primary Benefits

- Supports muscle performance and recovery by aiding ATP regeneration.*
- Helps maintain lean muscle and promotes protein synthesis when combined with resistance training.*
- Promotes cognitive function, focus, and clarity—especially during stress or fatigue.*
- Supports bone health and immune system function.*
- Fits into multiple wellness goals—from active aging to weight management and training performance.*

Primary Features

- Powered by 5 grams of creatine monohydrate, one of the most studied and trusted ingredients in sports nutrition.
- Uses a micronized form of creatine monohydrate for optimal mixability and efficacy.
- Mixes effortlessly into any beverage with a neutral taste—no grit, no clumps, no hassle.
- Enhanced with L-leucine and vitamin D3 for a complete wellness solution with multiple benefits in each scoop.
- Leucine promotes protein synthesis and muscle repair.*
- Vitamin D helps maintain bone and muscle health across life stages.*
- Gluten-free, vegetarian, and free from artificial colors, flavors, sweeteners, and preservatives.
- Informed Choice Certified—third-party tested for banned substances.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DID YOU KNOW?

- While most of your body's creatine is stored in your muscles, about 5 percent is contained in the brain and other organs.¹
- Consistency is considered key when it comes to taking creatine, because it works by saturating muscle stores over time.²
- Leucine has been studied for its ability to counteract age-related muscle loss.³
- Adequate vitamin D levels can help support both muscle strength and physical performance.

Sources:

1. Mu Health Care. (2025, November 19). *Want bigger gains for your brain? 6 facts about creatine and brain health.* Live Healthy. <https://livehealthy.muhealth.org/stories/want-bigger-gains-your-brain-6-facts-about-creatine-and-brain-health>
2. Nutri.it. (n.d.). *Creatine dos and don'ts: The ultimate nutrition-diet guide.* Nutri.it. Retrieved November 20, 2025, from <https://nutri.it.com/nutrition-diet-do-and-donts-with-creatine>
3. Cleveland Clinic. (2025, June 10). *Getting your leucine: What it does and foods to eat.* Cleveland Clinic Health. <https://health.clevelandclinic.org/foods-high-in-leucine>

Frequently Asked Questions

Is Plexus® Creatine + only for athletes?

No. While creatine is well known for supporting physical performance, research shows it also supports cellular energy, mental focus, and healthy aging—making it a great option for anyone seeking to enhance their daily wellness.*

Creatine used to be seen as something only men or bodybuilders used. What's changed?

The science. Research now shows creatine supports much more than muscle building. More women than ever are using creatine to support strength, vitality, and overall wellness. In fact, creatine is considered especially beneficial for women—particularly during menopause and aging, when maintaining muscle mass and bone strength becomes more important.*

How is this different from other creatine supplements?

Most creatine products focus solely on performance. Plexus Creatine + adds L-leucine for muscle recovery and vitamin D3 for bone and immune system health—creating a more comprehensive, multifunctional formula. It's also micronized for better mixability and unflavored for easy daily use.*

Will I gain weight from using creatine?

Some people experience temporary water retention when first using creatine as muscles store more water. This is normal, short-lived, and often a sign that the product is working. It typically resolves as your body adjusts.

When should I take Creatine +?

Take Plexus Creatine + once a day, ideally at a consistent time. For many people, taking it around their workout time fits best.

Can I take Creatine + with my other Plexus products?

Absolutely. In fact, Plexus Creatine + has a neutral taste and mixes smoothly into liquids, including water and your favorite Plexus mix like Active, Hydrate, or Slim. For best results, creatine products should be taken soon after mixing.

Can I use Creatine + with my medication?

This supplement is formulated with quality ingredients and creatine monohydrate is well studied and well-tolerated at typical dosing regimens— but it's always a good idea to speak with your healthcare provider or pharmacist before introducing new dietary supplements. They can help ensure the products are a fit for your unique needs and any treatments you're using.

Is Creatine + safe for pregnant or nursing women?

As with any new vitamin or supplement, we recommend consulting with your healthcare provider before starting use during pregnancy or while nursing. They can provide personalized advice to ensure the products are safe for you and your baby.

Does Creatine + contain gluten?

Creatine + is gluten-free, vegetarian, and non-GMO. It also doesn't contain any artificial colors, sweeteners, or preservatives.

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INGREDIENT GLOSSARY

Creatine +

DIRECTIONS: Adults mix 1 scoop with your favorite protein shake or beverage and drink daily.

Supplement Facts

Serving Size 1 Scoop (about 7 g*)
Servings Per Container 30

	Amount Per Serving	% DV
Vitamin D (as cholecalciferol)	25 mcg	125%
Creatine monohydrate (micronized)	5 g	†
L-leucine	2 g	†

†Daily Value (DV) not established.

Other Ingredients: Gamma-cyclodextrin.

NOTE: Do not exceed suggested daily serving. Not recommended for use by individuals under 18. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if tamper-evident seal is broken or damaged. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place. Avoid direct sunlight and excess heat.

*7 grams per scoop is an average. Individual scooping technique may yield slightly more or slightly less than 7 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.

Gluten Free | Vegetarian | Non-GMO

No Artificial Colors, Flavors, Sweeteners, or Preservatives

Gamma-cyclodextrin: A plant-derived oligosaccharide stabilizer, gamma-cyclodextrin is used to help with the neutral taste when mixing with other drinks.

L-Leucine: An essential branched-chain amino acid that triggers muscle protein synthesis and supports recovery when combined with adequate protein intake and resistance training. L-leucine can help preserve lean muscle and strength during active lifestyles or calorie restriction.*

Micronized Creatine Monohydrate: A natural compound found in muscle cells that supports ATP regeneration, energy availability, performance, and recovery. Creatine monohydrate also supports cognitive health, resilience, and vitality. The micronized form mixes easily without grit or clumps.*

Vitamin D3 (Cholecalciferol): A key nutrient for muscle strength, bone health, and immune system function. Vitamin D3 helps maintain physical performance and resilience, especially in adults with low vitamin D levels or during periods of limited sunlight exposure.*



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