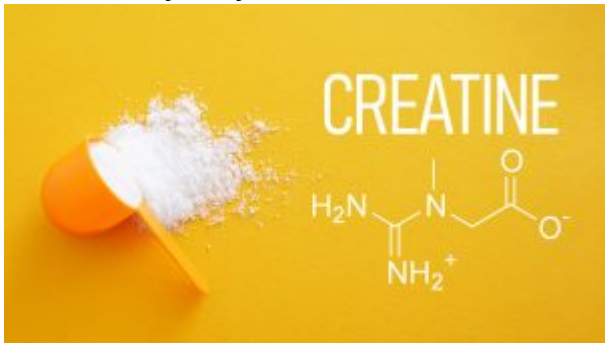
# Leyla Weighs In: Creatine for Muscle and Cognitive Health

written by Leyla Muedin MS, RD, CDN | November 6, 2026




Did you know creatine can benefit you without hitting the gym? “Leyla Weighs In” on findings from Texas A&M that creatine supports muscle growth and cognition, even with limited exercise. Listen now to uncover the science.