ActivPower CANIS

CANINE KNOWLEDGE BASE • INGREDIENT SCIENCE

Creatine Monohydrate for Canine Energy, Vitality & Healthy Aging

A well-studied nutrient central to cellular energy (ATP), studied to support activity, recovery, and healthy aging in dogs.

ActivPower ATLAS® for Dogs | ATP · Phosphocreatine | Cellular Energy

What Is Creatine?

Creatine is a naturally occurring compound produced by the body and found in foods such as meat and fish. Within cells it helps regenerate **adenosine triphosphate (ATP)** — the body's primary energy currency — which is required for virtually every biological process, including muscle contraction, cellular repair, and nerve signaling. Creatine monohydrate is included in **ActivPower ATLAS® for dogs** because of its well-established role in supporting the body's natural energy systems.

Cellular & Mitochondrial Energy

Healthy cells depend on a continuous supply of energy. Creatine functions as part of the phosphocreatine energy system, which helps rapidly replenish ATP when energy demands increase. Researchers increasingly recognize creatine as an energy buffer that may support cellular bioenergetics and mitochondrial function across multiple tissues — so it is no longer viewed solely as a sports-nutrition ingredient, but as a nutrient involved in healthy cellular energy production throughout life.

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Evidence Relevant to Dogs

Creatine is central to ATP metabolism in all mammals, including dogs. Canine-specific research centers on exercise, working dogs, and performance nutrition.

Agility-dog study (2016). A controlled study examined creatine monohydrate supplementation and its relationship to blood lactate and performance measures in agility dogs.

Wernimont / Wakshlag & Shmalberg (2014). A veterinary review of nutrition for working and service dogs discusses energy metabolism and ergogenic nutritional strategies, including creatine, within canine performance nutrition.

Working-dog fitness study (2019). A study of dietary supplements and the physical fitness of German Shepherd working dogs illustrates scientific interest in nutritional support for canine activity and recovery.

Because dogs synthesize creatine endogenously, creatine-specific canine performance data is limited and mixed; creatine's canine relevance is framed by its universal role in cellular energy. Research is ongoing.

Supporting Activity, Vitality & Healthy Aging

Because creatine participates in ATP regeneration across muscle and other tissues, ActivPower includes it as part of a nutritional approach intended to support:

- Cellular energy metabolism and ATP regeneration
- Normal muscle performance and activity
- Recovery and everyday vitality
- Healthy-aging strategies focused on maintaining function

A Note on Healthy Aging

Maintaining efficient cellular energy production is widely recognized as an important component of healthy aging. While it would be premature to conclude that creatine extends lifespan in dogs, supporting bioenergetic function is a sound rationale for its inclusion in senior and active-dog nutrition.

Safety & Responsible Use

Creatine monohydrate is among the most extensively studied dietary ingredients in nutritional science and is generally well tolerated when used appropriately. Supplementation should follow label directions, and pet owners should consult a veterinarian when appropriate, particularly for dogs with existing health conditions.

The ActivPower Perspective

ActivPower includes creatine monohydrate in ATLAS® for dogs as part of a comprehensive nutritional approach intended to support normal activity, vitality, and healthy aging — grounded in creatine's fundamental role in

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cellular energy.

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ActivPower ATLAS® for Dogs

Selected References — Canine & Veterinary Literature

1. The effect of creatine monohydrate supplementation on blood lactate and performance in agility dogs. 2016. (canine performance study)
2. Wakshlag J, Shmalberg J. Nutrition for working and service dogs. *Vet Clin North Am Small Anim Pract.* 2014;44(4):719–740.
3. Benefits of dietary supplements on the physical fitness of German Shepherd dogs during a drug-detection training course. *PLoS One.* 2019. (PubMed 31199843)
4. Kreider RB, et al. International Society of Sports Nutrition position stand: safety and efficacy of creatine supplementation. *J Int Soc Sports Nutr.* (mechanistic/consensus reference)

DISCLAIMER

This article is provided solely for educational and informational purposes and summarizes selected scientific literature concerning creatine monohydrate as a nutritional ingredient in dogs. Nothing herein is intended to diagnose, treat, cure, mitigate, or prevent any disease, injury, arthritis, inflammatory disorder, or medical condition in animals.

Statements regarding dietary supplements have not been evaluated by the U.S. Food and Drug Administration (FDA). Individual responses may vary. Pet owners should consult a qualified veterinarian before introducing any new supplement or nutritional ingredient into an animal wellness program. No claim beyond the educational discussion of current scientific literature is stated or implied.