

NEVELABS

A NEVELABS COMPANION

A small handbook to creatine.



Daily, by design.

Concept edition / September 2026

A little context. A clearer choice.

This short guide brings the ingredient, the evidence and the daily habit into one place. Read it at your own pace. Keep the questions that matter to you.

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This is an educational concept for adults. Nevelabs prices, portions, packaging and formulations in this edition are invented development proposals. They are not verified product labels or personal medical advice.

Meet creatine.

Creatine is a compound your body makes and also obtains from some foods. In muscle, the creatine-phosphocreatine system helps replenish ATP during brief, demanding efforts. A supplement adds to your usual supply; it does not replace meals, training or rest.

Think of it as one part of your routine.

Reading: NIH Office of Dietary Supplements - Creatine & exercise

What the evidence says.

The strongest evidence is for repeated, short bursts of high-intensity exercise. Your training, starting point and consistency all influence the result. We do not promise sharper focus, the end of brain fog, better sleep or visible changes after one serving.

A routine is not an instant result.

Reading: NIH Office of Dietary Supplements - Creatine & exercise

Keep the amount clear.

Our creatine concepts use a target of 3 g creatine monohydrate per serving. That is the active ingredient amount, not necessarily the weight of a scoop. Capsules and gummies may need several pieces for one complete serving. All figures are development targets, not instructions for an available Nevelabs product.

Check the active amount, then the serving size.

Reading: NIH Office of Dietary Supplements - Creatine & exercise

Choose one format.

Powder suits a drink you already make. Capsules suit people who prefer swallowing to mixing. Gummies offer another texture, but their active content and stability need confirmation. These are alternatives for the same creatine routine. Taking every format together is not the goal.

The easiest format is the one you can repeat.

A practical planning note from Nevelabs.

Give it time.

A small daily amount without loading generally takes several weeks to raise muscle stores. The first seven days are a chance to establish a cue and notice tolerability. They are not a seven-day transformation promise. Do not increase the amount because you cannot feel an immediate effect.

Track the habit before judging the outcome.

Reading: NIH Office of Dietary Supplements - Creatine & exercise

Know the minerals.

Magnesium and zinc are essential nutrients. Whether supplementation is useful depends on your diet and individual needs. Our concepts propose 100 mg elemental magnesium, with 5 mg elemental zinc in the mineral-only option. These amounts are not a treatment for insomnia. Check other supplements to avoid doubling up.

A mineral is not automatically a missing nutrient.

Reading: NIH Office of Dietary Supplements - Magnesium

A few sensible checks.

For adults only. Ask a pharmacist or clinician before using supplements if you are pregnant, breastfeeding, take medication or have a health condition, especially kidney disease. Digestive discomfort can occur. Creatine may increase scale weight through water retention. Persistent fatigue, poor sleep or brain fog deserves attention beyond a product quiz.

Your circumstances matter more than a questionnaire.

Reading: NIH Office of Dietary Supplements - Creatine & exercise

Make room for seven days.

Choose one existing cue, keep the product where it belongs and read the final label. Each day, note whether you remembered the routine and whether it fitted comfortably. Missed a day? Return to the routine rather than treating it as a failure. In this preview, use the seven-day card as a planning exercise.

Day 1: choose a cue. Day 7: keep what works.

MY CUE: _____

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
☐	☐	☐	☐	☐	☐	☐

Planning notes only. A marked box is not a record of a dose taken.

Seven ways to explore.

Proposed CHF prices and amounts per complete serving. Each capsule or gummy contains a fraction of that amount.

	Creatine / Mango 6 g powder / 3 g creatine monohydrate 180 g / 30 servings	CHF 39.00
	Creatine / Peach 6 g powder / 3 g creatine monohydrate 180 g / 30 servings	CHF 39.00
	Creatine / Passion 6 g powder / 3 g creatine monohydrate 180 g / 30 servings	CHF 39.00
	Pure Creatine 3 g powder / 3 g creatine monohydrate 300 g / 100 servings	CHF 34.00
	Creatine Capsules 4 capsules / 3 g creatine monohydrate 120 capsules / 30 servings	CHF 39.00
	Creatine + Magnesium 6 gummies / 3 g creatine monohydrate + 100 mg Mg 180 gummies / 30 servings	CHF 44.00
	Magnesium + Zinc 2 gummies / 100 mg Mg + 5 mg zinc 60 gummies / 30 servings	CHF 29.00

Mg and zinc amounts are elemental. Formula feasibility, ingredient forms, testing, stability and final labels require manufacturer validation.

Sources, not shortcuts.

These independent resources inform the educational notes. They do not verify or endorse the proposed Nevelabs products.

01 / NIH Office of Dietary Supplements

Creatine & exercise - [open the source](#)

02 / NIH Office of Dietary Supplements

Magnesium - [open the source](#)

03 / NIH Office of Dietary Supplements

Zinc - [open the source](#)

04 / NCCIH / National Institutes of Health

Sleep & supplements - [open the source](#)

No promise of an immediate change in performance, focus, brain fog or sleep is made in this guide. The first week is about building a routine. Suitability and outcomes depend on the individual.