# Nutritionist Recommends Myprotein Creatine Monohydrate Powder for Managing Menopause Symptoms



In an article published by The Independent on May 14, 2024, nutritionist Dr. Emma Bardwell recommended Myprotein creatine monohydrate powder as an effective supplement for managing menopause symptoms. According to Bardwell, research suggests that a daily intake of 3-5g of this supplement can aid in muscle building, strength, performance, and potentially memory improvement.

The powder, which is vegan and available in multiple flavors, is currently sold at a 50% discount, reducing its price to £3.49 for a 250g package. Suitable to be taken any time of the day, its use combined with resistance training can help mitigate muscle and bone loss associated with menopause due to its properties that reduce inflammation and oxidative stress, while promoting bone formation. The creatine monohydrate powder can be prepared by mixing a 3g scoop with 150-250ml of water.

Dr. Emma Bardwell is a menopause nutritionist and co-author of "The Perimenopause Solution." The article highlights importance of researching and using products backed by scientific evidence to manage menopause symptoms effectively.