

Lactose-Free Creatine Checklist

Quick Label Scan — 3 Seconds

Before you buy, ask yourself:


- Does the label say "100% Pure Creatine"?
- Is it unflavored?
- Is the ingredient list only one item (e.g., "Creatine Monohydrate")?

If you answered YES to all three → It's likely lactose-free.

5 Red-Flag Ingredients to Avoid

If you see any of these on the label, put it back — they may contain hidden dairy:

- Whey (any form: concentrate, isolate, hydrolysate)
- Casein or caseinate
- Milk solids or milk powder
- Cream or cream-based flavoring
- "Proprietary blend" (without full ingredient disclosure)

 Warning: Flavored creatine and mass gainers often hide dairy. Stick to unflavored when in doubt

3 Signs of a Trusted Lactose-Free Brand

- Third-party tested (NSF, Informed Sport, or lab-tested purity)
- Clearly labeled "vegan" or "dairy-free"
- Single ingredient listed — no fillers, no additives

Quick Brand Cheat Sheet

Brand	Why It's Safe
Thorne	Pharmaceutical-grade, pure, NSF-certified
Kaged Creatine HCL	Dissolves instantly, no dairy, travel-friendly
Naked Creatine	Vegan-certified, one ingredient
Optimum Nutrition Micronized	Unflavored version is pure and clean
Bulk Supplements	Lab-tested, cost-effective, transparent

Store This Checklist

Screenshot this page or save it to your phone. Next time you're shopping for creatine, you'll know exactly what's safe — no guessing, no bloating.

 Brought to you by [MuscleZeus.com](https://www.musclezeus.com) — science-backed nutrition for real athletes.