

# How Creatine Can Help with Concussion & Traumatic Brain Injury | Dr. Andrew Huberman

<https://silosolo.com/566841>

## Summary

The video discusses the effectiveness of creatine in treating headaches, particularly those caused by traumatic brain injury. Creatine supplementation has been shown to significantly reduce the intensity and frequency of headaches. The dosage used in the study was 0.4 g of creatine monohydrate per kilogram of body weight. The results of the study showed a significant decrease in headache frequency, dizziness, and fatigue in those taking creatine. This suggests that creatine supplementation might be beneficial for people experiencing headaches, dizziness, and fatigue due to traumatic brain injury and potentially other causes as well.

## Silo sample questions

- What substance has been shown to reduce the intensity and frequency of headaches?
- What is the dosage of creatine used in the study?
- What were the results of the study on creatine administration?
- What conditions or causes of headache can creatine supplementation potentially help with?
- What is the main topic of the video?

## Topics

Creatine

Headaches

## Key Takeaways

- Creatine
- 0.4 g of creatine monohydrate per kilogram of body weight
- Significant decrease in headache frequency, dizziness, and fatigue
- Headaches caused by traumatic brain injury and other conditions
- Creatine and its effectiveness in treating headaches

[Click here for the full transcript](#)

[Click here for the source](#)