



low Creatinine levels recommendations

- *Increase the amount of exercise you are getting which will in turn help increase muscle mass. Higher muscle mass is directly correlated with more elevated levels of Creatinine.*
- *Change your diet to increase more foods dense in creatinine such as red meat.*
- *Drink plenty of water to keep your creatinine levels regulated.*
- *For pregnant women, Low creatinine levels due to pregnancy should normalize after giving birth.*