

Daily

Pre/Post-
Workout

GNC
PRO PERFORMANCE

**CREATINE
MONOHYDRATE
5000**
DIETARY SUPPLEMENT

*Helps to Increase Muscle Strength and Energy**

*Promotes Improved Athletic Performance**

*5000mg per Serving to Fuel Muscle Cells**

UNFLAVORED

50 SERVINGS
Net Wt 8.8 oz (250 g)

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



CODE 350526

ANG

Creatine is one of the most misunderstood supplements, yet one of the most important tools for improving strength. Creatine is used by your muscle cells to produce energy. During strenuous exercise, your body uses this energy source to help you power through your workouts.* Supplementing with creatine will also help replenish muscle creatine to improve strength.*

Pro Performance® Creatine Monohydrate 5000 is manufactured with unsurpassed quality control to ensure purity, potency and freshness. This flavorless powder blends easily with any beverage or sports drink.

DIRECTIONS: As a dietary supplement, mix one heaping teaspoon (5g) with 8-10 oz of water or your favorite sports beverage and drink immediately following your workout. For best results, take pre- and post-workout.

Supplement Facts

Serving Size One Heaping Teaspoon (5g)

Servings Per Container 50

Amount Per Serving	
Creatine Monohydrate	5000 mg*

* Daily Value not established.

OTHER INGREDIENTS: None.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery.

NOTICE: Significant product settling may occur.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, No Gluten, No Corn, No Soy, No Dairy, Yeast Free.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.