



THE BENEFITS OF HYBRID CREATINE COMPLEX

GNC Pro Performance® Hybrid Creatine Complex was developed by GNC scientists to help boost muscle strength, improve training and athletic performance, enhance recovery and outperform regular creatine supplements.* With this formula, you get superior results during and after your workout. Best of all, it mixes instantly with a spoon and tastes absolutely refreshing.

Your muscles can only grow when your body retains enough nitrogen. Some of the most effective sources of nitrogen for fueling lean muscle are creatine and amino acids. The specially manufactured Hybrid Creatine Complex formula delivers an anabolic creatine and amino acid spike into your bloodstream when you need it most. This spike provides nitrogen and subsequently creates a nitrogen-rich environment needed for maximizing lean muscle mass. GNC Pro Performance® Hybrid Creatine Complex helps spike insulin and drive creatine into the muscles – specifically where it needs to be to fuel high-intensity athletic performance. This scientifically advanced complex has been clinically shown to dramatically increase bench press, vertical jump and 100 yard dash performance!*

Get GNC Pro Performance® Hybrid Creatine Complex and get the type of superior results you've come to expect from the trusted name in sports nutrition – GNC!

Eight weeks of supplementation with the Hybrid Creatine Complex formula in male collegiate athletes during off-season training produced significant increases in several performance variables compared to those athletes taking 34g carbohydrate formula alone. Subjects taking the Hybrid Creatine Complex formula displayed increased performance in the bench press, vertical jump and 100 yard dash compared to those taking the carbohydrate formula alone.*

†When used in conjunction with regular resistance training.

* 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.



HYBRID CREATINE COMPLEX

DIETARY SUPPLEMENT

5,250mg of Creatine Clinically Proven to Increase Strength & Recovery†*

Hybrid Nutrient Formula to Support Superior Creatine Uptake*

5,250mg of Powerful Amino Acids to Help Build Muscle†*

FRUIT PUNCH
NATURAL AND ARTIFICIAL FLAVORS

30 SERVINGS
Net Wt 52 oz (3.25 lb) 1474 g

Strength

Power

5250MG
CREATINE

130
CALORIES

33G
SUGAR

33G
CARBS

CODE 370107 DNG
DIRECTIONS: As a dietary supplement, mix one serving (48.17 g) in 6-8 oz of cold water or your favorite sports beverage. For best results on training days, take immediately post-workout. On non-training days, take first thing in the morning.

Supplement Facts		
Serving Size One Scoop (48.17 g)		
Servings Per Container 30		
Amount Per Serving	% Daily Value†	
Calories	130	
Total Carbohydrates	33 g	11%
Sugars	33 g	*
Sodium (as Sodium Citrate)	120 mg	5%
Creatine (as Creatine Monohydrate)	5,250 mg	*
Taurine	2,000 mg	*
L-Arginine	1,500 mg	*
L-Leucine	500 mg	*
L-Glutamine	500 mg	*
L-Isoleucine	250 mg	*
L-Valine	250 mg	*
L-Phenylalanine	250 mg	*
† Percent Daily Values are based on a 2,000 calorie diet.		
* Daily Value not established.		

OTHER INGREDIENTS: Dextrose, Citric Acid, Natural and Artificial Flavors, Polysorbate 80, Calcium Silicate (Anti-caking Agent), Sucralose, Acesulfame Potassium, FD&C Red #40, FD&C Red #40 Lake.
NOTICE: Significant product settling may occur.
Product manufactured in a facility that also processes the following allergens: Milk, Soy, Wheat, Egg and Peanut.
Phenylketonurics: Contains Phenylalanine.

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.

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

STACK WITH PRO PERFORMANCE®:
100% Whey Protein, Mass Gainer
Complex and Ultra Amino Complex.



SCAN &
LEARN MORE

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

