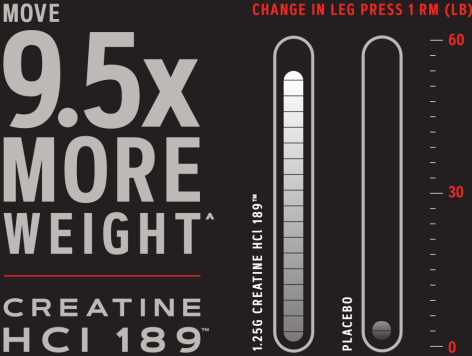


CLINICALLY PROVEN EFFICIENCY^◇
Delivering 189% superior muscle creatine uptake, GNC AMP Creatine HCl 189™ is clinically proven to get into your muscle and improve strength & performance more efficiently than creatine monohydrate.^◇**

SUPERIOR ABSORPTION & BIOAVAILABILITY◇**
The power of 5 grams of creatine in only two easy-to-swallow tablets.** This creatine HCl, containing 1.25 grams of a PEG-Creatine, improved leg press and bench press performance just as well as 5 grams of creatine monohydrate.**

TAKE LESS & GET MORE
The PEG-Creatine System™ is a proprietary formula with a patent-pending technology that allows you to get the same benefits as creatine monohydrate at a much lower dose.^

If it's on our boxes, then it's in our bottles. Full dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. Get superior power and strength.



[^] In a randomized, double-blind clinical study of 57 healthy, young adult males, subjects who took GNC AMP Creatine HCl 189™ containing only 1.25 grams of the PEG-Creatine System™ significantly improved leg press 1-RM performance by 54.3 lbs, while subjects receiving 5 grams of creatine monohydrate significantly improved performance by 52.3 lbs, and the placebo group showed no significant improvement at 5.7 lbs at the end of the study.

For More Information:
1-888-462-2548
GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

GNC AMP

CREATINE HCl 189™

FUEL YOUR MUSCLE CREATINE UPTAKE 189% MORE EFFICIENTLY◇



◇ In a clinical study of 17 healthy, young adults, muscle biopsy results revealed that GNC AMP Creatine HCl 189™ resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

ADVANCED MUSCLE PERFORMANCE

GNC AMP

CREATINE HCl 189™

CLINICALLY STUDIED WITH ENHANCED BIOAVAILABILITY

189% Superior Absorption vs. Ordinary Creatine◇
Increase Strength & Performance with 1/4 the Dose**

2 MONTH SUPPLY

DIETARY SUPPLEMENT
120 TABLETS

CODE 882500 ISG
DIRECTIONS: As a dietary supplement, take two tablets daily. Studies have shown that taking creatine is beneficial before, during or after exercise. Take GNC AMP Creatine HCl 189™ daily at a time convenient for you. Consume ample amounts of water while taking this product.

Supplement Facts		
Serving Size Two Tablets		
Servings Per Container 60		
Amount Per Serving	% Daily Value	
Calcium	132 mg	10%
PEG-Creatine System™ (Creatine Hydrochloride)	1250 mg	*
* Daily Value not established.		

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Hydroxypropylcellulose, Vegetable Stearate, Hydroxypropyl Methylcellulose, Enteric Coating (Stearic Acid, Sodium Alginate, Ammonium Hydroxide, Ethylcellulose, Medium Chain Triglycerides, Oleic Acid) Croscarmellose Sodium, Silicon Dioxide, Calcium Silicate, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose, Triacetin, Diacetylated Monoglycerides.

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.

No Sugar, No Starch, No Artificial Flavors, No Wheat, Gluten Free, No Corn, No Dairy.

Conforms to USP <2091> for weight.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.



OUR QUALITY COMMITMENT TO YOU
Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

* 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.