

PROLAB® Creatine Monohydrate is 100% pure, flavorless, micronized creatine monohydrate with no fillers or additives. Creatine is a naturally occurring molecule in the body that plays a key role in explosive energy metabolism. It helps to drive periods of short burst power output; like the first few reps in a set, or the explosive drive from the starting blocks. During exercise, intramuscular stores of creatine reload ATP molecules, the "energy machines of muscle", for fast between-set recovery. Unfortunately, the creatine produced by the body is available only in limited supply. Supplementing with **PROLAB Creatine Monohydrate** helps to supersaturate muscles with rapid-fueling creatine – driving improved muscle power output, explosive strength and rapid intra-workout recovery.* "You do your part. We'll do ours."

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Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating. People with allergies to milk or soy should consult their healthcare professional before taking this product.

*This product is to be used in conjunction with a healthy diet and exercise regimen.

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PROLAB

PERFORMANCE SIMPLIFIED

CREATINE MONOHYDRATE

DIETARY
SUPPLEMENT
NET WT. 10.5OZ (300G)

GROWTH
STRENGTH
POWER

MAXIMUM MUSCULAR
DEVELOPMENT†

Directions: Take one rounded teaspoon (5 grams) four times per day (20 grams total) for the initial 5 days. Take one rounded teaspoon (5 grams) two times daily (10 grams total) thereafter. Dissolve in juice or water.

Supplement Facts

Serving Size 1 Teaspoon (Approx. 5g)

Servings Per Container Approximately 60

Amount Per Serving

Creatine Monohydrate	5 g*
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* Daily Value (DV) not established.

Other Ingredients: None

NO: Yeast, Wheat, Corn, Egg, Soy, Glutens, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.
PRODUCT DOES NOT COMPLETELY FILL CONTAINER.
SETTLING OCCURS IN SHIPPING.

†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.

Manufactured exclusively for: PROLAB Nutrition LLC
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