

Distributed by:  
General Nutrition  
Corporation  
Pittsburgh, PA 15222  
Made in the USA

GNC **PRO PERFORMANCE®**

# CREATINE 5 grams

DIETARY SUPPLEMENT



100 SERVINGS

BLENDS EASILY WITH ANY  
BEVERAGE

5 GRAMS PER SERVING

NET WT. 1.1 LB (17.6 OZ) 500 G

CODE 505366

JHG

Creatine has become one of the most popular sports supplements among professional and amateur athletes. In the body, creatine is converted to creatine phosphate which helps to fuel skeletal muscles and provides support for immediate energy production during high-intensity workouts.\* Over the past 10 years, numerous studies have shown that creatine supplementation may help improve athletic performance.\*

Pro Performance® Creatine Monohydrate 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 water, juice (preferably grape or apple juice) or your favorite sports drink daily.

## Supplement Facts

Serving Size One Heaping Teaspoon (5g)

Servings Per Container 100

### Amount Per Serving

Creatine Monohydrate

5 g\*

\* Daily Value not established.

### OTHER INGREDIENTS: None.

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

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

\* 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.

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