

For More Information:  
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

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

**GNC PRO PERFORMANCE®**

HKG

# CREATINE MONOHYDRATE

DIETARY SUPPLEMENT



HELPS IMPROVE ATHLETIC  
PERFORMANCE\*

5 GRAMS PER SERVING

MANUFACTURED TO  
ENSURE PURITY, POTENCY  
& FRESHNESS

NET WT 8.8 OZ (250 G)

CODE 350526

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 several years, numerous studies have shown that creatine supplementation may help to 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 or your favorite sports drink daily.

## Supplement Facts

Serving Size One Heaping Teaspoon (5g)

Servings Per Container 50

### Amount Per Serving

Creatine Monohydrate

5 g\*

\* 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.

0 48107 04282 0