

CODE 350527

BCG

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 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.

GNC PRO PERFORMANCE®

CREATINE MONOHYDRATE

DIETARY SUPPLEMENT

200 SERVINGS

BLEND EASILY WITH ANY BEVERAGE

5 GRAMS PER SERVING

UNFLAVORED

NET WT 2.2 LB (35.2 OZ) 1 KG

+ 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.

DIRECTIONS: As a dietary supplement, and for creatine maintenance, mix one heaping teaspoon (5g) daily. Mix with water, juice (preferably grape or apple juice) or your favorite sports drink. For creatine loading, take four heaping teaspoons (20g) per day: one heaping teaspoon at 4 hour intervals. Continue this process for 4 days. Do not exceed the loading level of more than 4 days in any one month period.

Supplement Facts

Serving Size One Heaping Teaspoon (5g)

Servings Per Container 200

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, Sodium Free, No Wheat, No Gluten, No Corn, No Soy, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.



For More Information: 1-888-462-2548

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

Lot No./Best By

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