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

**GNC PRO PERFORMANCE®**

# CREATINE PLUS®

DIETARY SUPPLEMENT



**HELPS IMPROVE ATHLETIC  
PERFORMANCE\***

**5 GRAMS OF CREATINE  
PER SERVING**

**WITH FREE FORM  
AMINO ACIDS**

**NET WT 7.0 OZ (200 G)**

CODE 350530

HKG

Pro Performance® Creatine Plus® is an excellent choice for any serious athlete striving to go beyond their maximum potential. This advanced supplement supplies 5 grams of creatine monohydrate, along with glycine, arginine and methionine, the key amino acids that support the body's natural production of creatine.\* Creatine is stored in skeletal muscles and provides support for immediate energy production during exercise.\* Over the past several years, numerous studies have shown that creatine supplementation may help to improve athletic performance.\* Creatine Plus also supplies 250mg of the most abundant amino acids found in the body, taurine and glutamine which play an important role in muscle function during and after exercise.\*

**DIRECTIONS:** As a dietary supplement, mix one heaping teaspoon (6g) with water immediately following your workout.

## Supplement Facts

Serving Size One Heaping Teaspoon (6g)

Servings Per Container 33

### Amount Per Serving

Creatine Monohydrate	5 g*
L-Glutamine	250 mg*
Taurine	250 mg*
Glycine	250 mg*
L-Arginine	100 mg*
L-Methionine	100 mg*

\* 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 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.

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