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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 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

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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