

For More Information:  
1-888-462-2548  
Distributed by:  
General Nutrition  
Corporation  
Pittsburgh, PA 15222  
Made in the USA

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

**GNC PRO PERFORMANCE®**

# CREATINE MONOHYDRATE

DIETARY SUPPLEMENT

**100 SERVINGS**

**BLENDS EASILY WITH ANY BEVERAGE**

**5 GRAMS PER SERVING**

**UNFLAVORED**

NET WT 1.1 LB (17.6 OZ) 500 G

CODE 350531

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 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, and for creatine maintenance, mix one heaping teaspoon (5g) in your favorite beverage (preferably grape or apple juice) daily. For creatine loading, take four heaping teaspoons 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. Do not exceed stated intake levels.

## 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.

**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.

Lot No. / Best By:

