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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 MONOHYDRATE

DIETARY SUPPLEMENT

HELPS TO IMPROVE
ATHLETIC PERFORMANCE*

700 MG PER CAPSULE

3.5 GRAMS OF CREATINE PER SERVING

120 CAPSULES

CODE 677811

One of the most popular supplements among professional and amateur athletes, creatine provides support for immediate energy production during high-intensity workouts and plays an important role in muscle protein synthesis.* Over the past 10 years, numerous studies have shown that creatine supplementation helps to improve athletic performance and promote cellular hydration.*

DIRECTIONS: As a dietary supplement, take 5 capsules after your workout with 12 oz. of water.

Supplement Facts

Serving Size Five Capsules
Servings Per Container 24

Amount Per Serving

Creatine Monohydrate 3.5 g*

* Daily Value not established.

OTHER INGREDIENTS: Gelatin.

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.

Potency verified by GNC procedure #5104.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors, 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.

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