

**GNC PRO PERFORMANCE®**

# CREATINE MONOHYDRATE

DIETARY SUPPLEMENT



**HELPS IMPROVE ATHLETIC PERFORMANCE\***

**5 GRAMS OF CREATINE MONOHYDRATE PER SERVING**

**REFRESHING TASTE WITH ZERO GRAMS OF SUGAR**

**NET WT 2.2 LB (35.2 OZ) 1000 G**

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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 several years, numerous studies have shown that creatine supplementation may help to improve athletic performance.\*

GNC Pro Performance® Creatine Monohydrate is manufactured with unsurpassed quality control to ensure purity, potency and freshness. This powder blends easily with water or your favorite sports drink.

For More Information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222  
MADE IN THE USA

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CODE 350979

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**DIRECTIONS:** As a dietary supplement, mix one heaping teaspoon (6.2 g) with water or your favorite sports drink immediately following your workout. For best results, take pre- and post-workout.

## Supplement Facts

Serving Size One Heaping Teaspoon (6.2 g)  
Servings Per Container 161

Amount Per Serving	%Daily Value
Calories	5
Total Carbohydrate	1 g 1%†
Sugars	0 g
Creatine Monohydrate	5 g *

† Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value not established.

**OTHER INGREDIENTS:** Natural and Artificial Flavors, Citric Acid, Sucralose, FD&C Red #40.

**NOTICE:** Significant product settling may occur.

No Sugar, No Wheat, No Gluten, No Soy, No Dairy, Yeast Free.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

**Place UPC  
Here**

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