

HIGHLY SOLUBLE FOR MAXIMUM ABSORPTION*

SUPPORT FOR: Lean Muscle Mass, Increased Strength, Greater Muscle Performance and Quick Recovery.*

SUGGESTED USE:

FOR MAINTENANCE OR DAILY USE:

Mix 1-2 scoops of PMD's **CG5**® with 8 fl. oz. of cold water, juice or your favorite sports drink and drink anytime during the day for maintenance.*

USE CG5® WITH PRE-WORKOUTS:

Add 1-2 scoops of **CG5**® to your favorite pre-workout (like a BCAA, an ACG3® SuperCharged+ or a Pump Fuel™) by mixing both together and drinking 30-45 minutes before exercise or training to maximize muscle performance, strength, endurance, and to help delay the onset of fatigue.*

USE CG5® WITH A POST-WORKOUT:

Add 1-2 scoops of **CG5**® to your favorite protein (like an Amplify® XL) to enhance and maximize recovery.*

Do not take more than 2 scoops in a 24 hour period. It is highly recommended users drink 64-128 fl. oz. of water per day while taking this product. Contents may settle after shipping. Moisture and humidity can cause clumping and discoloration. Discard after expiration date. To be used as part of a physical conditioning program. **STORE IN A COOL, DRY PLACE AND AVOID EXCESSIVE HEAT.**

WARNING: KEEP OUT OF REACH OF CHILDREN. For use by healthy individuals only. Not for use by those under the age of 18. Do not exceed recommended dose. Do not use if you are pregnant, nursing, or have a history of kidney disease. Before consuming seek advice from a health care professional if you are unaware of your current health condition. Discontinue use 2 weeks prior to surgery. Do not use if tamper resistant seal is broken.

CONSUMER NOTICE: FitLife Brands can only confirm product purity when our brands are purchased from authorized retailers, on gnc.com, or on pmdsports.com. For an approved list of retailers, go to pmdsports.com.

CALIFORNIA RESIDENTS

WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov/Food

*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.



Share what this **#PMDCG5** did for you
@PMDSPORTS

PROFESSIONAL MUSCULAR DEVELOPMENT



CG5®

CREATINE + GLUTAMINE

STRENGTH AND RECOVERY*

CREATINE
MagnaPower™

RECOVAMINE™

MAXIMUM
SOLUBILITY

UNFLAVORED

DIETARY SUPPLEMENT | **60 SERVINGS** | NET WT 11.2 OZ (318 G)

2-IN-1 CREATINE AND GLUTAMINE FORMULA

FOR MAXIMUM UPTAKE, PERFORMANCE AND RECOVERY!*

- 1** 2-IN-1 CREATINE AND GLUTAMINE FORMULA TO SUPPORT MAXIMUM RESULTS*
- 2** 5 DIFFERENT FORMS OF CREATINE INCLUDING CLINICALLY STUDIED CREATINE MAGNAPOWER™
- 3** 5 DIFFERENT FORMS OF GLUTAMINE INCLUDING RECOVAMINE™
- 4** 2.5G OF THE CREATINE BLEND COMBINED WITH 2.5G OF THE G5 GLUTAMINE BLEND PER SERVING
- 5** FEATURES BETAIN ANHYDROUS TO SUPPORT AND ENHANCE ENDURANCE*

CG5® features 5 highly soluble forms of creatine, which allows for total muscle cell saturation without the loading phase typically required with less soluble forms of creatine.*

Supplement Facts

Serving Size 1 Scoop (5.3 g)
Servings Per Container 60 Servings

	Amount Per Serving	%DV
Calories	5	
Magnesium (as Magnesium Creatine Chelate)	66 mg	16%
CR5® Blend:	2.575 g	†
Creatine Blend:	2.5 g	†
Magnesium Creatine Chelate (Creatine MagnaPower™),		
Creatine Citrate, Dcreatine Malate,		
Creatine Alpha Ketoglutarate, Creatine Pyruvate		
Endurance Agent:	75 mg	†
Betaine Anhydrous		
G5 Blend:	2.5 g	†
L-Glutamine, L-Alanyl-L-Glutamine (Recovamine™), Glutamine Peptides,		
N-Acetyl Glutamine, Glutamine Alpha Ketoglutarate		

† Daily Value (DV) not established.

Other Ingredients: Silica. **FREE OF:** Lactose, Preservatives, Aspartame, Yeast. Contains Wheat. **Stimulant Free.** Creatine MagnaPower™ is a trademark of Albion Laboratories, Inc. Recovamine™ is a trademark of FitLife Brands, Inc. Manufactured in accordance with current Good Manufacturing Practices (cGMP) for:

FITLIFE BRANDS

5214 South 136th Street \ Omaha, NE 68137 \ For Product Questions: PMDSports.com