

*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.

SUGGESTED USE:

As a dietary supplement, take 4 capsules in the morning and 4 capsules in the afternoon on workout and non-workout days. Highly recommended users drink 64 – 128 ounces of water daily. *To be used as part of a physical conditioning program.*

WARNING:

KEEP OUT OF REACH OF CHILDREN. Do not exceed recommended dose. Not intended for use by persons under 18. Do not use if you are pregnant, lactating, or have a history of kidney disease. If you are under the care of a physician, please consult your physician before using this product. Do not use if tamper resistant seal is broken. **STORE IN A COOL, DRY PLACE. AVOID EXCESSIVE HEAT.**



Manufactured Exclusively for NDS Nutrition Products, Inc.
A Division of Bond Laboratories, Inc.
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SERIOUS CREATINE & RECOVERY



CR5®

Support for
Explosive Strength*
Lean Muscle Mass*
Quick Recovery*

STIMULANT FREE

CAPSULES 240

FOR SERIOUS ATHLETES ONLY

5 SUPER ABSORBENT CREATINES | DIETARY SUPPLEMENT

Creatine MagnaPower®
*Premium Creatine**

Creatinol-O-Phosphate
*Endurance**

CR5® is formulated with a calculated blend of 5 super absorbent creatines. The Power 5 Blend hits with maximum uptake into the body because of its unique chemical structure, allowing for absorption without the side effects of bloating, cramping and GI distress. We've enhanced CR5® with Creatinol-O-Phosphate, an intracellular buffer that allows you to train harder and longer with increased muscle contractility even in the presence of lactic acid. Stack CR5® with any PMD® sports nutrition product for greater increases in muscle strength, size and recovery to maximize your potential and amplify your gains.*

Supplement Facts

Serving Size 4 capsules **Servings Per Container** 60

	Amount Per Serving	% DV
CR5® Proprietary Blend:	2,575 mg	**

Power 5 Creatine Blend:

Magnesium Creatine Chelate (Creatine MagnaPower®),
Creatine Citrate, Creatine Pyruvate, Dcreatine Malate,
Creatine Ethyl Ester HCl

Endurance Agent:

Creatinol-O-Phosphate

** Daily Value (DV) not established.

Other Ingredients: Gelatin, Silicon Dioxide, Microcrystalline Cellulose, Magnesium Stearate, Titanium Dioxide.

CREATINE
MagnaPower®

is a registered trademark of Albion Laboratories, Inc. Covered by U.S. Patent 6,114,379.



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