

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 an ACG3® SuperCharged+, a Pump Fuel® or a Pump Fuel® INSANITY) by mixing both together and drinking 30-45 minutes before exercise or training to maximize muscle performance, strength, endurance, and to help combat or 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.*

#### 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. **WARNING** for California residents only: This product contains a chemical known in the state of California to cause birth defects or other reproductive harm. Do not use if tamper resistant seal is broken. **STORE IN A COOL, DRY PLACE AND AVOID EXCESSIVE HEAT.**

\*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.

**60 SERVINGS  
STIMULANT FREE**



Creatine-Glutamine  
2-in-1 Formula!

**CG5®**

**CREATINE + GLUTAMINE**  
Instantized for Better Solubility

**STRENGTH & RECOVERY\***

DIETARY SUPPLEMENT | NET WT. 11.2 OZ. (318 G)

**CREATINE  
MagnaPower®**

**SUSTAMINE®**

UNFLAVORED

NO CREATINE MONOHYDRATE! STIMULANT FREE

## Supplement Facts

Serving Size 1 scoop (5.3 g)

Servings Per Container 60 Servings

|                                                       | Amount Per Serving | % DV** |
|-------------------------------------------------------|--------------------|--------|
| Magnesium (as Magnesium Creatine Chelate)             | 66 mg              | 16%    |
| <b>CR5® Blend:</b>                                    | <b>2.575 g</b>     | †      |
| Creatine Blend:                                       | 2.5 g              | †      |
| Magnesium Creatine Chelate (Creatine MagnaPower®),    |                    |        |
| Creatine Citrate, Creatine Alpha Ketoglutarate,       |                    |        |
| Dicreatine Malate, Creatine Pyruvate                  |                    |        |
| <b>Endurance Agent:</b>                               | 75 mg              | †      |
| Betaine Anhydrous                                     |                    |        |
| <b>G5 Blend:</b>                                      | <b>2.5 g</b>       | †      |
| L-Glutamine, L-Alanyl-L-Glutamine (Sustamine®),       |                    |        |
| Glutamine Peptides, N-Acetyl Glutamine, Glutamine AKG |                    |        |

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

**Other Ingredient:** Silica.

**Free Of:** Gluten, Lactose, Preservatives, Aspartame and Yeast.

**Creatine MagnaPower®** is a registered trademark of Albion Laboratories, Inc. Chelate covered by U.S. Patent 6,114,379.  
**Sustamine®** is a registered trademark of Kyowa Hakko Bio Co., Ltd.

**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.

**THE POWER OF 5**

- 1 **Premium Creatine and Glutamine 2-in-1 Formula for Helping to Achieve Maximum Results\***
- 2 **5 Different Forms of Creatine Including Clinically Studied Creatine MagnaPower®**
- 3 **5 Different Forms of Glutamine Including Clinically Studied Sustamine® for Maximum Absorption\***
- 4 **2.5 g of the Creatine Blend combined with 2.5 g of the G5 Glutamine Blend per Serving**
- 5 **Features Betaine Anhydrous to Support and Enhance Endurance\***

**FITLIFE** BRANDS

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For Product Questions: [PMDSports.com](http://PMDSports.com)

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