

**PROLAB® Creatine Monohydrate** is 100% pure, flavorless, micronized creatine monohydrate with no fillers or additives. Creatine is a naturally occurring molecule in the body that plays a key role in explosive energy metabolism. It helps to drive periods of short burst power output; like the first few reps in a set, or the explosive drive from the starting blocks. During exercise, intramuscular stores of creatine reload ATP molecules, the "energy machines of muscle", for fast between-set recovery. Unfortunately, the creatine produced by the body is available only in limited supply. Supplementing with **PROLAB Creatine Monohydrate** helps to supersaturate muscles with rapid-fueling creatine – driving improved muscle power output, explosive strength and rapid intra-workout recovery.<sup>†\*</sup> You do your part. We'll do ours.®

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Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating. People with allergies to milk or soy should consult their healthcare professional before taking this product.

<sup>†</sup>This product is to be used in conjunction with a healthy diet and exercise regimen.

ITEM: 10216.796 RM: 1003020 L: 2008587-16230



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ABOUT THIS PRODUCT  
AND PROLAB®

**PROLAB**  
PERFORMANCE SIMPLIFIED®

# CREATINE MONOHYDRATE

DIETARY  
SUPPLEMENT  
NET WT. 3.5OZ (100G)

**GROWTH  
STRENGTH  
POWER**

MAXIMUM MUSCULAR  
DEVELOPMENT<sup>†</sup>

**Directions:** Take one rounded teaspoon (5 grams) four times per day (20 grams total) for the initial 5 days. Take one rounded teaspoon (5 grams) two times daily (10 grams total) thereafter. Dissolve in juice or water.

## Supplement Facts

Serving Size 1 Teaspoon (Approx. 5 g)  
Servings Per Container Approximately 20

Amount Per Serving	%DV
Creatine Monohydrate	5 g*

\* Daily Value (DV) not established.

**Other Ingredients:** None

**NO:** Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives.

**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. PRODUCT DOES NOT COMPLETELY FILL CONTAINER. SETTLING OCCURS IN SHIPPING.**

<sup>†</sup>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.

Manufactured exclusively for:  
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**MADE IN USA**  
WITH DOMESTIC &  
INTERNATIONAL  
INGREDIENTS