

PROLAB
PERFORMANCE SIMPLIFIED™

CREATINE MONOHYDRATE

5 grams of
Pure Micronized
Creatine Monohydrate
Per Serving*

Drives Explosive Muscle
Power*

Helps Speed Recovery
Between Sets*

DIETARY
SUPPLEMENT
NET WT. 35.3 OZ (1000g)

**GROWTH
STRENGTH
POWER**

**MAXIMUM MUSCULAR
DEVELOPMENT***

CREATINE MONOHYDRATE

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 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 supersaturate muscles with creatine, driving improved muscle power output, explosive strength, and rapid intra-workout recovery.** 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.

** This product is to be used in conjunction with a healthy diet and exercise regimen.

† 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: 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 200

Amount Per Serving

Creatine Monohydrate 5g*

* Daily Value not established.

Other Ingredients: None

Manufactured exclusively for **PROLAB Nutrition LLC**
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NO: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts,
Peanuts, Wheat, Soybeans, Yeast, Artificial Colors or
Flavors, Added Sugar or Preservatives.



AVOID STORING IN EXCESSIVE HEAT. KEEP OUT OF
REACH OF CHILDREN. PRODUCT DOES NOT
COMPLETELY FILL CONTAINER. SETTLING OCCURS
IN SHIPPING.

