

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.^{†*} You do your part. We'll do ours.[™]

JOIN THE PROLAB NATION :
www.prolab.com

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

Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.

ITEM: 10553.7951 RM: 1003020 L: 2006603-12023



**5 grams of
Pure Micronized
Creatine
Monohydrate
Per Serving[†]**

**Drives Explosive
Muscle Power[†]**

**Helps Speed
Recovery
Between Sets[†]**

CREATINE MONOHYDRATE

DIETARY SUPPLEMENT
NET WT. 1.32LBS (600G)

PROLAB
PERFORMANCE SIMPLIFIED

**GROWTH
STRENGTH
POWER**

**MAXIMUM
MUSCULAR
DEVELOPMENT[†]**



Manufactured exclusively for:
PROLAB Nutrition, Inc.
Chatsworth, CA 91311 • USA
1-800-PROLAB1
© 2012 PROLAB Nutrition, Inc.

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 120

Amount Per Serving

Creatine Monohydrate 5 g*

* Daily Value (DV) not established.

Other Ingredients: None.

No: Yeast, Wheat, Corn, Egg, Soy, Glutens, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives.

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

[†]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.