

CR5® IS AN ADVANCED CREATINE FOR SERIOUS SUPPLEMENT USERS ONLY!

SUPPORT FOR: Strength, Lean Muscle Mass, Enhanced Endurance,
Greater Muscular Performance, and Quick Recovery*

DESCRIPTION: The complete energy required for muscle contraction and force is created by ATP, and creatine supplementation leads to increase of ATP levels in the muscle cells. Formulated with the clinical studies and patented technology of **CREATINE MAGNAPOWER®**, CR5® gives you an edge for greater strength during your workout and greater recovery following.*

Long-term scientific research proves that magnesium and creatine have beneficial effects on various aspects of physiological activity. Creatine MagnaPower protects the creatine molecule from converting into inert creatinine, thus increasing the amount of the physiologically active creatine which is truly available for muscle cell metabolism – resulting in greater muscle energy.*

PMD's CR5 combines the power of Creatine MagnaPower with 4 additional unique forms of creatine (and specifically without creatine monohydrate). It's this combination that makes CR5 a serious supplement for max performance.*

SUGGESTED USE: As a dietary supplement, take 4 **CR5®** capsules in the morning and 4 capsules in the afternoon on workout and non-workout days. Highly recommended users drink 64–128 fluid ounces of water daily. To be used in conjunction with a physical conditioning program.

WARNING: KEEP OUT OF REACH OF CHILDREN.
Not intended for use by persons under 18. Do not use if you are pregnant, lactating, or have a history of kidney disease. Do not exceed recommended dose. 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 AND AVOID EXCESSIVE HEAT.**

CONSUMER NOTICE: FitLife Brands can only confirm product purity when our brands are purchased from authorized retailers, GNC, or pmdsports.com.

CALIFORNIA RESIDENTS

WARNING: Cancer and Reproductive Harm –
www.P65Warnings.ca.gov/Food

*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.

PROFESSIONAL MUSCULAR DEVELOPMENT



CR5®

CREATINE

STRENGTH AND RECOVERY*

**5 FORMS
OF CREATINE**

**CREATINE
MAGNAPOWER®**

**BETAINÉ
ANHYDROUS**

240 CAPSULES
DIETARY SUPPLEMENT

FIVE FORMS OF CREATINE

(NO CREATINE MONOHYDRATE)

FOR MAXIMUM UPTAKE AND RECOVERY!

1	2	3	4	5
CREATINE MAGNAPOWER®	CREATINE CITRATE	CREATINE ALPHA KETOGlutARATE	CREATINE PYRUVATE	DICREATINE CITRATE

CR5® features 5 forms of creatine, which allows for total muscle cell saturation without the loading phase typically required with less soluble forms of creatine.*

Supplement Facts

Serving Size 4 Capsules

Servings Per Container 60 Servings

	Amount Per Serving	%DV
Magnesium	100 mg	24%
CR5® Proprietary Blend:	2,575 mg (2.6 g)	†
Power 5 Creatine Blend:		
Magnesium Creatine Chelate (Creatine MagnaPower®), Creatine Citrate, Creatine Alpha Ketoglutarate, Creatine Pyruvate, Dicreatine Malate		
Endurance Agent:		
Betaine Anhydrous		

† Daily Value (DV) not established.

Other Ingredients: Gelatin, Silicified Microcrystalline Cellulose, Magnesium Stearate, Silica, Titanium Dioxide. **Stimulant Free** and **Gluten Free.** Creatine MagnaPower® is a registered trademark of Balchem Corporation or its subsidiaries. Manufactured in accordance with current Good Manufacturing Practices (cGMP) for:

FITLIFE BRANDS

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For Product Questions: PMDsports.com



#PMDCR5 @PMDSPORTS



New PMD CR5 5 Forms of Creatine & Recovery (240 Capsules)
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