Pro Performance® CreaDrive® supplies a scientifically studied blend of Carbohydrates, Creatine, Phosphates and Taurine in a great-tasting fruit punch supplement. This advanced formula is designed for well-trained athletes striving to go beyond their potential.

Creatine is one of the most popular sports supplements among athletes. In the body, creating is converted to creating phosphate which helps to fuel skeletal muscles and provides support for immediate energy production during high-intensity workouts.* Over the past several years, numerous studies have shown that creatine supplementation may help to improve athletic performance and promote cellular hydration.*

Eight weeks of supplementation with the CreaDrive formula in male collegiate athletes during off-season training produced significant increases in several performance variables compared to those athletes taking 34g carbohydrate formula alone. Subjects taking the CreaDrive formula displayed increased performance in the bench press. vertical jump and 100 yard dash compared to those taking the

carbohydrate formula alone."



For More Information: 1-888-462-2548

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General Nutrition Composition Pittsburgh, PA 15222

*These statements have no thee nevaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



CODE 350660

DIRECTIONS: As a dietary supplement, mix one scoop (45g) with 6 to 8 ounces of cold water or juice.

Supplement Facts

Serving Size, One Scoon (45g) Servings Per Container 20

Amount Per Serving		% Daily Value		
Calories	140			
Total Carbohydrate	34	g	11%†	
Sugars	33	g	*	
Phosphorus	200	mg	20%	
Magnesium	60	mg	15%	
Sodium	95	mg	4%	
Potassium	80	mg	2%	
Creatine Monohydrate	5.25	g	*	
Taurine	1000	mg	*	
† Percent Daily Values are based on a 2000 calorie diet.				

* Daily Value not established

OTHER INGREDIENTS: Dextrose, Natural Fruit Punch Flavor, Citric Acid, Beet Color

di Magnesium Phosphate, monoSodium Phosphate, di Potassium Phosphate, WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two

weeks prior to surgery.

NOTICE: Significant product settling may occur.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

Place UPC Here

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