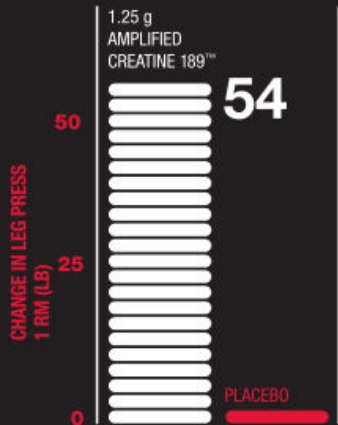


Amplified Creatine 189™ and Athletic Performance

In a second clinical study, only 2 tablets of Amplified Creatine 189™ containing 1.25 grams of creatine improved leg press and bench press performance just as well as 5 grams of regular creatine.^^ That's the power of 5 grams of creatine in only 2 easy-to-swallow tablets!^

IMPROVES LEG PRESS PERFORMANCE BY 54 POUNDS



^ In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took GNC Pro Performance® AMP Amplified Creatine 189™ containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 lbs, while subjects on 5 grams of creatine monohydrate improved by 52 lbs, and the placebo group demonstrated no significant improvement.

Who should be taking Amplified Creatine 189™?

If you are ready to take your workouts to the next level, you should take GNC Pro Performance® AMP Amplified Creatine 189™. Only active, healthy adults that are looking for the technology that will increase their athletic performance should take Amplified Creatine 189™.

What type of exercise will Amplified Creatine 189™ help the most?

Amplified Creatine 189™ will help if you perform in the following activities:

- Weight training
- Sprinting (running, swimming, or cycling)
- Plyometrics
- Stop-and-go sports
- Resistance training
- (football, basketball, boxing, etc.)

* 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.

What is Amplified Creatine 189™?

Looking for the champion of creatine? We've got it. Amplified Creatine 189™ is a cutting-edge solution that tops ordinary creatine monohydrate. In fact, it's proven to get into your muscles and improve strength more efficiently.* Don't just take any creatine. Tear it up with Amplified Creatine 189™.

The Amplified Creatine 189™ Evolution

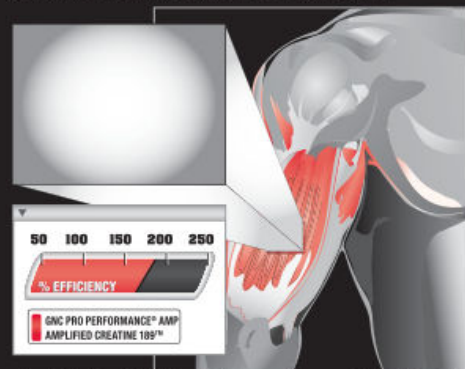
It all started with basic science. Everyone knows creatine works to improve athletic performance.* The question is - how did we AMplify its effects...

PEG-Creatine System™ - This proprietary formula includes a patent-pending technology which allows you to get the same benefits as regular creatine monohydrate at a much lower dose! That's right, you no longer have to take mounds of powder or handfuls of creatine pills to get the performance enhancing benefits of creatine.

The Proof is in the Muscle

We tested it and have proof that Amplified Creatine 189™ gets into the muscle - even better than ordinary creatine! In a clinical study, Amplified Creatine 189 resulted in 189% muscle creatine uptake relative to creatine monohydrate.* Users of Amplified Creatine 189™ take less creatine and get more into the muscle.*

FUEL YOUR CREATINE MUSCLE UPTAKE 189% MORE EFFICIENTLY*



◆ In a clinical study of 17 healthy young adults, muscle biopsy results revealed that GNC Pro Performance® AMP Amplified Creatine 189™ resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

* 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.



PRO PERFORMANCE® **ADVANCED**
AMP MUSCLE
PERFORMANCE

AMPLIFIED CREATINE 189™

Dietary supplement

- ➔ 189% Improved Muscle Creatine Absorption*
- ➔ The Power of 5g of Creatine in 2 Tablets^
- ➔ 400% Increase in Dose Efficiency to Enhance Athletic Performance^^
- ➔ Increases Strength With Only 25% of the Dose of Ordinary Creatine^^



Daily



Power



Stamina



Strength

△ Clinically Researched

120 TABLETS

CODE 825811

HLG

DIRECTIONS: As a dietary supplement, take two tablets daily. Studies have shown that taking creatine is beneficial before, during or after exercise. Therefore, timing doesn't seem to matter. Take Amplified Creatine 189™ daily at a time convenient for you.

Supplement Facts

Serving Size Two Tablets
Servings Per Container 60

Amount Per Serving

PEG-Creatine System™ (Creatine Hydrochloride) 1250 mg *

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Dicalcium Phosphate, Polyethylene Glycol, Titanium Dioxide (Natural Mineral Whitener), Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid), Natural Mint Flavor, Sucralose.

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.

Conforms to USP <2091> for weight.

No Sugar, No Artificial Colors, No Artificial Flavors, No Preservatives, No Wheat, No Gluten, No Corn, No Soy, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

For More Information:

1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:

General Nutrition Corporation
Pittsburgh, PA 15222