

Creatine has become one of the most popular sports supplements among professional and amateur athletes. In the body, creatine is converted to creatine 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.*

GNC Pro Performance® Creatine Monohydrate 5000 is manufactured with unsurpassed quality control to ensure purity, potency and freshness.

This powder blends easily with water or your favorite sports drink.



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested for over 145 banned substances on the 2015 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

STACK WITH Pro Performance® 100% Whey Protein and Amplified N.O. Loaded™ V2.

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



CREATINE MONOHYDRATE 5000

DIETARY SUPPLEMENT

*Improves Athletic Performance by Fueling Muscles**

*Produce More Energy During Intense Workouts**



UNFLAVORED

200 SERVINGS
Net Wt 35.2 oz (2.2 lb) 1000 g



CODE 350527 DQG
DIRECTIONS: As a dietary supplement, mix one heaping teaspoon (5 g) with 8-10 fl. oz. of water or your favorite sports drink immediately following your workout. For best results, take pre- and post-workout. Consume ample amounts of water while taking the product.

Supplement Facts	
Serving Size One Heaping Teaspoon (5 g) Servings Per Container 200	
Amount Per Serving	
Creatine Monohydrate	5000 mg*
* Daily Value not established.	

OTHER INGREDIENTS: None.

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.

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

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



GLUTEN FREE

* 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.