

GNC
PRO PERFORMANCE

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

STACK WITH: Pro Performance® 100% Whey Protein and RapidDrive® Arginine 5000.™

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



GNC
PRO PERFORMANCE

CREATINE MONOHYDRATE 5000

DIETARY SUPPLEMENT

Improves Athletic Performance by Fueling Muscles*

Produce More Energy During Intense Workouts*

5000mg of Creatine Monohydrate Per Serving

UNFLAVORED

100 SERVINGS
Net Wt 17.6 oz (1.1 lb) 500 g

Daily

Pre/Post-
Workout

CODE 350531

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DIRECTIONS: As a dietary supplement, mix one heaping teaspoon (5 g) with water or your favorite sports drink immediately following your workout. For best results, take pre- and post-workout.

Supplement Facts

Serving Size One Heaping Teaspoon (5 g)
Servings Per Container 100

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, No Gluten, No Corn, No Soy, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

* 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.