

Creatine is one of the most misunderstood supplements, yet one of the most important tools for improving strength. Creatine is used by your muscle cells to produce energy. During strenuous exercise, your body uses this energy source to help you power through your workouts.\* Supplementing with creatine will also help replenish muscle creatine to improve strength.\*

**DIRECTIONS:** As a dietary supplement, take 5 capsules before or after your workout with 12 oz. of water. Consume ample amounts of water while taking this product.

## Supplement Facts

Serving Size Five Capsules

Servings Per Container 24

### Amount Per Serving

Creatine Monohydrate

3.5 g\*

\* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin.

**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.

Potency verified by GNC procedure #5104. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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

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.

\* 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.

Daily

Pre/Post-Workout

**GNC**  
**PRO PERFORMANCE**

**CREATINE**  
**MONOHYDRATE**  
**3500**

**DIETARY SUPPLEMENT**

**3500mg Dose to Help Improve Athletic Performance\***

**Promotes Cellular Hydration & Volumization\***

**Helps Increase Strength & Muscle Energy\***

**120**  
**CAPSULES**

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

For More Information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

