

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

[†]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.

[‡]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.



PRO PERFORMANCE[®]
AMP
AMPLIFIED
CREATINE
189[™]

- 189% Improved Muscle Creatine Absorption^{†*}
- The Power of 5g of Creatine in 2 Tablets[^]
- 400% Increase in Dose Efficiency to Enhance Athletic Performance^{^*}

CLINICALLY RESEARCHED

DIETARY SUPPLEMENT
120 TABLETS



CODE 825811

IPG

DIRECTIONS: As a dietary supplement, take two tablets daily. Studies have shown that taking creatine is beneficial before, during or after exercise. Take Amplified Creatine 189[™] daily at a time convenient for you. Consume ample amounts of water while taking this product.

Supplement Facts

Serving Size Two Tablets
Servings Per Container 60

Amount Per Serving

PEG-Creatine System [™] (Creatine Hydrochloride)	1250 mg	*
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* 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.

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

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.