

GNC
PRO PERFORMANCE®

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Daily



Strength

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

CREATINE ADVANCE XR™

DIETARY SUPPLEMENT

5000mg, 6 Form Creatine Blend Fuels Muscle Energy & Hydration*

Increases Strength & Power and Enhances Athletic Performance*

OT²™ with Immediate & Sustained 6 Hour Extended Release*



UNFLAVORED

30 SERVINGS
Net Wt 7.39 oz (210 g)

CODE 386212

DIRECTIONS: As a dietary supplement, mix one scoop (7g) with 4-6 fl. oz. of water, your favorite beverage or protein and consume before, during or after training. Consume ample amounts of water while taking the product.

Supplement Facts

Serving Size One Scoop (7g)
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	5
Total Carbohydrate	1 g 1%†
Creatine Blend	5 g *
Micronized Creatine Monohydrate, OT ² ™ Creatine, Creatine HCl, Creatine AKG, Creatine Ethyl Ester HCl, Creatine Citrate	
Creatine Precursors	100 mg *
Guanidinoacetate, L-Arginine, L-Methionine, Alpha-Ketoglutarate	

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Natural Flavor, Hydrogenated Vegetable Oil* (contains one or more of the following hydrogenated oils: soybean, palm, and cottonseed), Monoglycerides. *Trans fat free.

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.



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 2014 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.

10G

THE BENEFITS OF CREATINE ADVANCE XR™

GNC's superior Pro Performance® Creatine Advance XR™ product is a dual-release formula with technology-enhancement that extends the release of creatine, a key building block shown to support improved strength and performance.* GNC's recently created Optimal Timing Technology – OT²™ – was designed for immediate and 6 hr sustained release creatine. Creatine provides support for energy production during exercise and helps your muscles make and circulate ATP for quick, intense activity.*

OT²™ – THE GNC ADVANTAGE

OT²™ is GNC's intelligent nutrient delivery system engineered to help release key ingredients during crucial times when you need them most! These breakthrough products are designed to deliver immediate and sustained release of ingredients to help maintain benefits throughout your workout, day or night. OT²™ ingredients are coated with a special technology that controls when they are released.

These special actives may be seen in the product – now that's real technology you can see and feel! With the introduction of the unique, sustained-release technology, now muscle-fueling creatine is released for up to six hours!

NITRO-FACTOR™ – MAXIMIZE MUSCLE BUILDING

The full muscle-building potential of a GNC product is based on its total nitrogen content – so the more nitrogen a product has, the stronger it will perform. Nitrogen needs increase during training, and if nitrogen levels are low, your body pulls from muscle stores which can result in catabolism, poor performance and longer recovery. To fuel performance and anabolism, Pro Performance® Creatine Advance XR™ is loaded with 10 grams of nitrogen-boosting ingredients.

* 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.