

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.



GNC
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
240 TABLETS**

CODE 825821

CRG

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 120

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.

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

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

Product was tested for over 145 banned substances on the 2016 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.

Lot No./Best By: