

PROLAB® Creatine Monohydrate is 100% pure, flavorless, micronized creatine monohydrate with no fillers or additives. Creatine is a naturally occurring molecule in the body that plays a key role in explosive energy metabolism. It helps to drive periods of short burst power output; like the first few reps in a set, or the explosive drive from the starting blocks. During exercise, intramuscular stores of creatine reload ATP molecules, the "energy machines of muscle", for fast between-set recovery. Unfortunately, the creatine produced by the body is available only in limited supply. Supplementing with **PROLAB Creatine Monohydrate** helps to supersaturate muscles with rapid-fueling creatine – driving improved muscle power output, explosive strength and rapid intra-workout recovery.^{1*} You do your part. We'll do ours.[®]

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Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating. People with allergies to milk or soy should consult their healthcare professional before taking this product.

*This product is to be used in conjunction with a healthy diet and exercise regimen.

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PROLAB
PERFORMANCE SIMPLIFIED[®]

CREATINE MONOHYDRATE

DIETARY
SUPPLEMENT
NET WT. 3.5OZ (100G)

**GROWTH
STRENGTH
POWER**

MAXIMUM MUSCULAR
DEVELOPMENT[†]

Directions: Take one rounded teaspoon (5 grams) four times per day (20 grams total) for the initial 5 days. Take one rounded teaspoon (5 grams) two times daily (10 grams total) thereafter. Dissolve in juice or water.

Supplement Facts

Serving Size 1 Teaspoon (Approx. 5g)

Servings Per Container Approximately 20

Amount Per Serving	%DV
Creatine Monohydrate	5 g*

* Daily Value (DV) not established.

Other Ingredients: None

NO: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. PRODUCT DOES NOT COMPLETELY FILL CONTAINER. SETTLING OCCURS IN SHIPPING.

[†]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.

Manufactured exclusively for: **PROLAB Nutrition LLC**
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NO
UV

LOT/EXP: