

DESCRIPTION:

CR5® is formulated with a calculated blend of 5 super absorbent creatines. The Power 5 Creatine Blend hits with maximum uptake into the body because of its unique chemical structure, allowing for absorption without the side effects of bloating, cramping and GI distress. We've enhanced CR5® with Betaine Anhydrous, an endurance tool to help you train harder and longer. Stack CR5® with any PMD® sports nutrition product for greater increases in muscle strength, size and recovery to maximize and amplify your gains.*

SUGGESTED USE:

As a dietary supplement, take 4 CR5® capsules in the morning and 4 capsules in the afternoon on workout and non-workout days. Highly recommended users drink 64 – 128 ounces of water daily. *To be used as part of a physical conditioning program.*

WARNING:

KEEP OUT OF REACH OF CHILDREN. Do not exceed recommended dose. Not intended for use by persons under 18. Do not use if you are pregnant, lactating, or have a history of kidney disease. If you are under the care of a physician, please consult your physician before using this product. **WARNING** for California residents only: This product contains a chemical known in the state of California to cause birth defects or other reproductive harm. Do not use if tamper resistant seal is broken. **STORE IN A COOL, DRY PLACE AND AVOID EXCESSIVE HEAT.**

Stimulant Free



CR5®

SERIOUS CREATINE & RECOVERY*

DIETARY SUPPLEMENT | 240 CAPSULES



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*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.

**5 Super Absorbent Creatines Including
Creatine MagnaPower® (Premium Creatine)***

**Betaine Anhydrous
for Enhanced Endurance***

Support For: **Explosive Strength,
Lean Muscle Mass, and Quick Recovery***

Supplement Facts

Serving Size 4 capsules Servings Per Container 60

	Amount Per Serving	% DV
CR5® Proprietary Blend:	2,575 mg	**

Power 5 Creatine Blend:

Magnesium Creatine Chelate (Creatine MagnaPower®),
Creatine Citrate, Creatine Pyruvate, DCreatine Malate,
Creatine HCl

Endurance Agent:

Betaine Anhydrous

** Daily Value (DV) not established.

Other Ingredients: Gelatin, Silicon Dioxide, Microcrystalline Cellulose, Magnesium Stearate, Titanium Dioxide.

**CREATINE
MagnaPower®**

is a registered trademark of Albion Laboratories, Inc. Covered by U.S. Patent 6,114,379.

FitLife Brands, Inc. | 4509 S. 143rd St., Ste. 1 | Omaha, NE 68137
For Product Questions: PMDsports.com