

## PRO PERFORMANCE® RESULTS

Creatine has become one of the most popular sports supplements among professional and amateur athletes. In the body, creatine is converted to creatine phosphate, which helps to fuel skeletal muscles and provides support for immediate energy production during high-intensity workouts.\* Over the past several years, numerous studies have shown that creatine supplementation may help to improve athletic performance.^\*

## PRO PERFORMANCE® QUALITY

GNC Pro Performance® Creatine Monohydrate is manufactured with unsurpassed quality control to ensure purity, potency and freshness. It is gluten free and blends easily with water or your favorite sports drink.

\*When used in conjunction with an exercise program.

For More Information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA



**GNC**  
**PRO**  
**PERFORMANCE**

**5000MG**  
CREATINE MONOHYDRATE

# CREATINE MONOHYDRATE

Improves Athletic Performance & Fuels Muscles^\*  
Energy Support During Intense Workouts\*

DIETARY SUPPLEMENT  
Net Wt 35.3 oz (2.2 lb) 1000 g

200 SERVINGS  
**UNFLAVORED**



CODE 386487

**DIRECTIONS:** As a dietary supplement, mix one rounded teaspoon (5 g) with 8-10 fl. oz. of water or your favorite sports drink immediately following your workout. For best results, take pre- and post-workout. Consume ample amounts of water while taking this product.

BSG

## Supplement Facts

Serving Size One Rounded Teaspoon (5 g)  
Servings Per Container 200

### Amount Per Serving

Creatine Monohydrate	5 g	*
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\* Daily Value not established.

**OTHER INGREDIENTS:** None.

**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.

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

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



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 2017 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.