

**SUGGESTED USE:** AS A DIETARY SUPPLEMENT, MIX ONE HEAPING SCOOP WITH YOUR FAVORITE BEVERAGE, PREFERABLY PRIOR TO EXERCISE.

## SUPPLEMENT FACTS

Serving Size: 5g (1 heaping teaspoon)

Servings Per Container: 60

Amount Per Serving	% Daily Value*
Creatine Monohydrate	5000mg*

\*Percent daily value not established.



MANUFACTURED FOR AND DISTRIBUTED BY:  
PROSUPPS USA, LLC 2140 REDBUD BLVD.  
MCKINNEY, TX 75069 1-888-575-7301



**CREATINE 300**  
100% PHARMACEUTICAL GRADE

**PROSUPPS**  
RESULTS... PERIOD!

ProSupps™ CREATINE 300 IS 100% PURE, PHARMACEUTICAL GRADE CREATINE MONOHYDRATE. CREATINE MONOHYDRATE IS PROVEN TO BE THE MOST EFFICACIOUS FORM OF CREATINE AVAILABLE TO ATHLETES AND SPORTS ENTHUSIASTS.

- ▶ INCREASE MUSCLE FIBER SIZE/HYPERTROPHY +
- ▶ INCREASE MUSCULAR CONTRACTION, THUS INCREASING STRENGTH GAINS AND MUSCULAR VOLUMIZATION +
- ▶ ENHANCE MUSCULAR RECOVERY +
- ▶ GREATLY IMPROVES ANAEROBIC ACTIVITY +



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DIETARY SUPPLEMENT | 60 SERVINGS  
NET WEIGHT 10.7 OZ (300 GRAMS)

WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. CONSULT A PHYSICIAN OR LICENSED QUALIFIED HEALTH CARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU HAVE OR HAVE A FAMILY HISTORY OF HEART DISEASE, THYROID DISEASE, DIABETES, HIGH BLOOD PRESSURE, DEPRESSION OR OTHER PSYCHIATRIC CONDITION, GLAUCOMA, DIFFICULTY IN URINATING, PROSTATE ENLARGEMENT, OR SEIZURE DISORDER. DO NOT EXCEED RECOMMENDED SERVING. EXCEEDING RECOMMENDED SERVING MAY CAUSE ADVERSE HEALTH EFFECTS. DISCONTINUE USE AND CALL A PHYSICIAN OR LICENSED QUALIFIED HEALTH CARE PROFESSIONAL IMMEDIATELY IF YOU EXPERIENCE RAPID HEARTBEAT, DIZZINESS, SEVERE HEADACHE, SHORTNESS OF BREATH OR OTHER SIMILAR SYMPTOMS. INDIVIDUALS WHO ARE SENSITIVE TO THE EFFECTS OF CAFFEINE OR HAVE A MEDICAL CONDITION SHOULD CONSULT A LICENSED HEALTH CARE PROFESSIONAL BEFORE CONSUMING THIS PRODUCT. DO NOT USE THIS PRODUCT IF YOU ARE MORE THAN 15 POUNDS OVERWEIGHT. THE CONSUMER ASSUMES TOTAL LIABILITY IF THIS PRODUCT IS USED IN A MANNER INCONSISTENT WITH LABEL GUIDELINES. DO NOT USE FOR WEIGHT REDUCTION. THIS PRODUCT IS INTENDED FOR USE BY HEALTHY INDIVIDUALS ONLY. KEEP OUT OF REACH OF CHILDREN. TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS AND OCCASIONALLY RAPID HEARTBEAT. MANUFACTURED IN A FACILITY THAT PROCESSES MILK, EGGS, SOY, WHEAT AND SHELLFISH.

+ 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.

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