

PERFORMANCE

3000MG CREATINE | 35 CALORIES | 1G SUGARS

CREATINE COMPLEX CHEW

Delicious Chew Supports Muscle Energy & Athletic Performance*[^]

Features Creatine HCl & Monohydrate to Fuel Muscle Cells*[^]



SOUR CHERRY
NATURAL FLAVORS

DIETARY SUPPLEMENT
72 CHEWS
NET WT 12.7 oz (360 g)

KEEP OUT OF REACH OF CHILDREN
Store in a cool, dry place.
For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



Supplement Facts

Serving Size Three Soft Chews
Servings Per Container 24

	Amount Per Serving	% Daily Value
Calories	35	
Total Fat	0.5 g	1%†
Total Carbohydrate	10 g	4%†
Total Sugars	1 g	2%†
Includes 1 g Added Sugars		
Creatine	3000 mg	
(as Creatine Monohydrate and Creatine Hydrochloride)		

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Maltitol Syrup, Isomalt, Maltodextrin, Sucralose, FD&C Red #40.
CONTAINS: soybeans.
WARNINGS: 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.
No Sugar, No Starch, No Artificial Flavors,
No Preservatives, Sodium Free, No Wheat,
Gluten Free, No Corn, No Soy, No Dairy, Yeast Free.

INFORMED-CHOICE.ORG
Trusted by sport
2017 World Anti-Doping Agency (WADA)
Prohibited List via LFC skip lot testing protocol #CFP0307. See gnc.com for more information.

Products bearing this logo have been tested for banned substances by LFC 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 LFC skip lot testing protocol #CFP0307. 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.

CODE 791308
JRG

DIRECTIONS: As a dietary supplement, consume 1-3 chews before, during or after working out. For maximum results, take 3 chews.

Benefit

# Chews	Creatine (mg)	Benefit
1	1000	Important for energy production during exercise and promotes cellular hydration*
2	2000	Improves strength and athletic performance, and provides more substrate for energy production during exercise**
3	3000	Improves strength and athletic performance, and provides more substrate for energy production during exercise**

MAXIMIZE MUSCLE BUILDING*[^]

Creatine is one of the most misunderstood supplements, yet one of the most important tools for improving strength.*[^] Creatine is used by your muscle cells to produce energy. During strenuous exercise, your body uses this energy source to help you power through your workouts. Supplementing with creatine will also help replenish muscle creatine.

[^]When used in conjunction with an exercise program.