

PROLAB
PERFORMANCE SIMPLIFIED®

CREATINE MONOHYDRATE

5 grams of
Pure Micronized
Creatine Monohydrate
Per Serving**

Drives Explosive Muscle
Power*

Helps Speed Recovery
Between Sets*

DIETARY
SUPPLEMENT
NET WT. 35.3 OZ (1000g)

**GROWTH
STRENGTH
POWER**

**MAXIMUM MUSCULAR
DEVELOPMENT†**

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CREATINE MONOHYDRATE

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 drive periods of short burst power output, like the first few reps in a set or the explosive drive from the starting blocks. During training, intramuscular stores of creatine reconstitute 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 super-saturate muscles with rapid-fueling creatine, driving improved muscle power output, explosive strength, and rapid intra-workout recovery!™ "You do your part. We'll do ours."

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www.prolab.com

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.

†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.



Suggested Use: Take one rounded teaspoon (5 grams) four times per day (20 grams total) for the first 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. 5 g
Serving Per Container Approximately 200

Amount Per Serving
Creatine Monohydrate 5 g†

*Daily Value not established.

Other Ingredients: None

Manufactured exclusively for PROLAB Nutrition LLC
PO Box 18215 Fairfield, OH 43101 • USA
1-800-PROLAB • 1-800-776-9221
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NO Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives.



MADE IN USA
NET WT. 35.3 OZ (1000g)

AVOID STORING IN EXCESSIVE HEAT. KEEP OUT OF REACH OF CHILDREN. PRODUCT DOES NOT COMPLETELY FILL CONTAINER. SETTLING OCCURS IN SHIPPING.

