

## EVERY SCOOP DELIVERS:

### PRO QUALITY

A proven sports supplement with decades of research, creatine is highly trusted and effective. Our Creatine Monohydrate mixes easily and undergoes rigorous third-party testing for purity and potency.

### PRO RESULTS

Creatine Monohydrate helps muscles work harder during exercise, resulting in elevated improvements to performance and strength.\*\* Creatine can be taken before, during or after workouts – also on off days. Consistency is key.



\* Informed Choice products are subject to a rigorous Anti-Doping program that includes protocols for testing & monitoring for over 285 compounds.



**DESIGNED FOR PURITY AND POTENCY.  
NO ARTIFICIAL FLAVORS OR COLORS.**

<sup>^</sup>When used in conjunction with resistance training over time.

**For More Information:  
1-888-462-2548, GNC.com**

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# GNC

PRO PERFORMANCE® TRUSTED SINCE 1988

# O

# CREATINE MONOHYDRATE

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## PRO QUALITY. PRO RESULTS.

Improves Muscle Building, Strength  
and Athletic Performance<sup>^\*</sup>



**5G  
PER SCOOP**

# E

UNFLAVORED

*Mixes Easily!*

**50  
SERVINGS**

DIETARY SUPPLEMENT

**NET WT. 9 OZ. (255 G)**

PERFORMANCE®

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CODE 652101

LZG-2776

**DIRECTIONS:** As a dietary supplement, mix one scoop daily with 8-10 fl. oz. of cold water or your favorite sports drink. Consume ample amounts of water while taking this product. Get ready to Perform like a Pro.

## Supplement Facts

Serving Size One Scoop (5.1 g)  
Servings Per Container 50

### Amount Per Serving

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

**OTHER INGREDIENTS:** Silicon Dioxide.

**Distributed by:**  
GNC Holdings, LLC  
Pittsburgh, PA 15222 USA

Product of Canada.

**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:** This product is sold by weight, not volume. Significant product settling may occur.

No Artificial Colors, No Artificial Flavors, No Preservatives, Gluten Free.

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



FILL  
LINE