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New PMD CG5 Flavored Creatine Blue Raspberry (30 Servings)

HIGHLY SOLUBLE FOR MAXIMUM ABSORPTION*

SUPPORT FOR: Lean Muscle Mass, Strength, Muscular Performance and Quick Recovery.*

SUGGESTED USE:

USE DAILY FOR MAINTENANCE: Mix 1 scoop of **CG5**® with 8 fl. oz. of cold water, juice, or your favorite sports drink, and use anytime during the day for maintenance.* Use 1-2 times daily.

USE WITH PRE-WORKOUTS: Mix 1 scoop of **CG5**® with 8 fl. oz. of cold water, or mix it in with your favorite pre-workout, and use together 30-45 minutes prior to your workout to help maximize muscle performance, strength, and endurance.* If desired, mix a second scoop with cold water, a post-workout drink, or a protein powder, and use anytime.

USE WITH POST-WORKOUTS: Mix 1 scoop of **CG5**® with 8 fl. oz. of cold water, or mix it in with your favorite post-workout drink or protein powder, and use together to help support and enhance recovery.* If desired, mix a second scoop with cold water and use anytime.

Do not use more than 2 scoops in a 24-hour period. It is highly recommended users drink 64-128 fl. oz. of water per day while taking this product. Contents may settle after shipping. Moisture and humidity can cause clumping and discoloration. Discard after expiration date. To be used as part of a physical conditioning program. **STORE IN A COOL, DRY PLACE. AVOID EXCESSIVE HEAT.**

WARNING: KEEP OUT OF REACH OF CHILDREN. For use by healthy individuals only. Not for use by those under the age of 18. Do not exceed recommended dose. Do not use if you are pregnant, nursing, or have a history of kidney disease. Before consuming seek advice from a health care professional if you are unaware of your current health condition. Discontinue use 2 weeks prior to surgery. Do not use if tamper resistant seal is broken.

CONSUMER NOTICE: FitLife Brands can only confirm product purity when our brands are purchased from authorized retailers, GNC, or pmdsports.com.

CALIFORNIA RESIDENTS

WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov/Food

*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.

PROFESSIONAL MUSCULAR DEVELOPMENT

**CG5**®**CREATINE + GLUTAMINE**CREATINE
MAGNAPOWER®

RECOVAMINE®

MAXIMUM
SOLUBILITY

BLUE RASPBERRY

DIETARY SUPPLEMENT | 30 SERVINGS | NET WT 6.0 OZ (170 G)

2-IN-1 CREATINE & GLUTAMINE FORMULA FOR STRENGTH & RECOVERY*

Supplement Facts

Serving Size 1 Scoop (5.7 g) Servings Per Container 30 Servings

	Amount Per Serving	%DV
Calories	15	
Magnesium (as Magnesium Creatine Chelate)	66 mg	16%
CR5® Blend:	2.575 g	†
Creatine Blend:	2.5 g	†
Magnesium Creatine Chelate (Creatine MagnaPower®), Creatine Citrate, DCreatine Malate, Creatine Alpha Ketoglutarate, Creatine Pyruvate		
Endurance Agent: Betaine Anhydrous	75 mg	†
G5 Blend:	2.5 g	†
L-Glutamine, L-Alanyl-L-Glutamine (Recovamine®), Glutamine Peptides, N-Acetyl Glutamine, Glutamine Alpha Ketoglutarate		

† Daily Value (DV) not established.

Other Ingredients: Natural Flavor, Sucralose, Silica, Spirulina Extract (Color), Acesulfame Potassium.

Contains Milk. **FREE OF: Lactose, Preservatives, Aspartame, Yeast, Gluten.**

Creatine MagnaPower® is a registered trademark of Balchem Corporation or its subsidiaries. **Recovamine®** is a registered trademark of FitLife Brands, Inc. **Manufactured in accordance with current Good Manufacturing Practices (cGMP) for: FitLife Brands, Inc. 5214 South 136th Street Omaha, NE 68137**

For Product
Questions:
PMDsports.com

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Colors derived from
natural sources.