

## PRO PERFORMANCE® RESULTS

Creatine has become one of the most popular sports supplements among professional and amateur athletes. In the body, creatine is converted to creatine phosphate, which helps to fuel skeletal muscles and provides support for immediate energy production during high-intensity workouts.\* Over the past several years, numerous studies have shown that creatine supplementation may help to improve athletic performance.\*

## PRO PERFORMANCE® QUALITY

GNC Pro Performance® Creatine Monohydrate is manufactured with unsurpassed quality control to ensure purity, potency and freshness. It is gluten free and blends easily with water or your favorite sports drink.

\*When used in conjunction with an exercise program.



\* 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.

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

GNC  
Creatine  
**PRO**  
PERFORMANCE

**5000MG**  
CREATINE MONOHYDRATE

# CREATINE MONOHYDRATE

Improves Athletic Performance & Fuels Muscles\*\*  
Energy Support During Intense Workouts\*

DIETARY SUPPLEMENT • NET WT. 18.9 OZ. (1.18 LB.) 535 G  
**100 SERVINGS UNFLAVORED**

\* 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 509680

**DIRECTIONS:** As a dietary supplement, mix one scoop (5.35 g) with 8 to 16 fl. oz. of cold water or your favorite sports drink immediately following your workout. For best results, take pre- or post-workout. Consume ample amounts of water while taking this product.

## Supplement Facts

Serving Size One Scoop (5.35 g)  
Servings Per Container 100

### Amount Per Serving

Creatine Monohydrate 5 g\*

\* Daily Value not established.

**OTHER INGREDIENTS:** Silicon Dioxide.

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

**⚠️ WARNING:** Cancer and Reproductive Harm – [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov). 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:** Significant product settling may occur.

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

Manufactured in a plant that produces milk and peanuts.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

HXG

