

HIGHLY SOLUBLE FOR MAXIMUM ABSORPTION*

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

SUGGESTED USE:

FOR MAINTENANCE OR DAILY USE:

Mix 1 scoop of CG5® 1-2 times daily with 8 fl. oz. of cold water, juice or your favorite sports drink anytime during the day for maintenance.*

USE CG5® WITH PRE-WORKOUTS:

Mix 1 scoop with your favorite pre-workout (like BCAA, ACG3® SuperCharged+ or Pump Fuel®) by mixing both together and drinking 30-45 minutes prior to workout to maximize muscle performance, strength and endurance. If desired, take a second scoop at any time with 8 fl. oz. of cold water.*

USE CG5® WITH A POST-WORKOUT:

Mix 1 scoop with your favorite post-workout (like Amplify® XL) to enhance and maximize recovery. If desired, take a second scoop at any time with 8 fl. oz. of cold water.*

Do not take 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 AND 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.



Share what this #PMDCG5 did for you
@PMDSPORTS

PROFESSIONAL MUSCULAR DEVELOPMENT



CG5

CREATINE + GLUTAMINE

STRENGTH AND RECOVERY*

CREATINE
MAGNAPOWER®

RECOVAMINE®

MAXIMUM
SOLUBILITY

UNFLAVORED

DIETARY SUPPLEMENT | 60 SERVINGS | NET WT 11 OZ (312 G)

2-IN-1 CREATINE AND GLUTAMINE FORMULA

FOR MAXIMUM UPTAKE, PERFORMANCE AND RECOVERY!*

- | | | | | |
|---|---|--|---|--|
| 1 | 2 | 3 | 4 | 5 |
| 2-IN-1 CREATINE AND GLUTAMINE FORMULA TO SUPPORT MAXIMUM RESULTS* | 5 DIFFERENT FORMS OF CREATINE INCLUDING CLINICALLY STUDIED CREATINE MAGNAPOWER® | 5 DIFFERENT FORMS OF GLUTAMINE INCLUDING RECOVAMINE® | 2.5G OF THE CREATINE BLEND COMBINED WITH 2.5G OF THE G5 GLUTAMINE BLEND PER SERVING | FEATURES BETAINE ANHYDROUS TO SUPPORT AND ENHANCE ENDURANCE* |

CG5® features 5 highly soluble forms of creatine, which allows for total muscle cell saturation without the loading phase typically required with less soluble forms of creatine.*

Supplement Facts

Serving Size 1 Scoop (5.2 g)

Servings Per Container 60 Servings

	Amount Per Serving	%DV
Calories	5	
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, Dicalcium Phosphate, Creatine Alpha Ketoglutarate, Creatine Pyruvate		
Endurance Agent:	75 mg	†
Betaine Anhydrous		
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: Silica. **Allergen Warning:** Contains Milk. **FREE OF:** Lactose, Preservatives, Aspartame, Yeast. **Stimulant Free.** 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 S. 136th St. \ Omaha, NE 68137 \ For Product Questions: PMDSports.com



X001R5AEWT

New PMD CG5 Premium Creatine Unflavored (60 Servings)