

**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 to drive periods of short burst power output; like the first few reps in a set, or the explosive drive from the starting blocks. During exercise, intramuscular stores of creatine reload 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 to supersaturate muscles with rapid-fueling creatine – driving improved muscle power output, explosive strength and rapid intra-workout recovery.<sup>†\*</sup> You do your part. We'll do ours.™

**JOIN THE PROLAB NATION : [www.prolab.com](http://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.

© 2020 PROLAB Nutrition LLC

ITEM: 10563.796 RM: 1003020 L: 2008524-16117



# CREATINE MONOHYDRATE

**PROLAB**  
PERFORMANCE SIMPLIFIED®

DIETARY  
SUPPLEMENT  
NET WT. 10.5 OZ (300 G)

**GROWTH  
STRENGTH  
POWER**

MAXIMUM MUSCULAR  
DEVELOPMENT<sup>†</sup>

**Directions:** Take one rounded teaspoon (5 grams) four times per day (20 grams total) for the initial 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)  
**Servings Per Container** Approximately 60

### Amount Per Serving

Creatine Monohydrate	5 g*
----------------------	------

\* Daily Value (DV) not established.

**Other Ingredients:** None

**NO:** Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.  
PRODUCT DOES NOT COMPLETELY FILL CONTAINER.  
SETTLING OCCURS IN SHIPPING.

<sup>†</sup>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.

Manufactured exclusively for:  
**PROLAB Nutrition LLC**  
PO Box 18215 Fairfield, OH 45018 • USA  
1-833-PROLAB1 • 1-833-776-5221



**MADE IN USA**  
WITH DOMESTIC &  
INTERNATIONAL  
INGREDIENTS