

<sup>^</sup> In a randomized, double-blind clinical study of 57 healthy, young adult males, subjects who took GNC AMP Creatine HCl 189™ containing only 1.25 grams of the PEG-Creatine System™ significantly improved leg press 1-RM performance by 54.3 lb., while subjects receiving 5 grams of creatine monohydrate significantly improved performance by 52.3 lb., and the placebo group showed no significant improvement at 5.7 lb. at the end of the study.

<sup>◇</sup> In a clinical study of 17 healthy, young adults, muscle biopsy results revealed that GNC AMP Creatine HCl 189™ resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder.

For More Information:

1-888-462-2548

GNC.com

**CON-CRET  
REINFORCED®**

Trademarks of Vireo Systems, Inc. Creatine HCl is covered by one or more patents: [www.vireosystems.com/patents/](http://www.vireosystems.com/patents/)



**GNC  
AMP**

ADVANCED MUSCLE PERFORMANCE

# CREATINE HCl 189™

CLINICALLY STUDIED WITH ENHANCED BIOAVAILABILITY

189% Superior Absorption vs. Ordinary Creatine<sup>◇</sup>  
Increase Strength & Performance with ¼ the Dose<sup>^\*</sup>

DIETARY SUPPLEMENT

240 TABLETS  
120-DAY SUPPLY

CODE 882501

AVG

**DIRECTIONS:** As a dietary supplement, take two tablets daily. Studies have shown that taking creatine is beneficial before, during or after exercise. Take GNC AMP Creatine HCl 189™ daily at a time convenient for you. Consume ample amounts of water while taking this product.

## Supplement Facts

Serving Size Two Tablets

Servings Per Container 120

Amount Per Serving	% Daily Value	
Calcium	132 mg	10%
PEG-Creatine System™ with CON-CRET® (Creatine Hydrochloride)	1250 mg	*

\* Daily Value not established.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Microcrystalline Cellulose, Hydroxypropylcellulose, Vegetable Stearate, Hydroxypropyl Methylcellulose, Enteric Coating (Stearic Acid, Sodium Alginate, Ammonium Hydroxide, Ethylcellulose, Medium Chain Triglycerides, Oleic Acid) Croscarmellose Sodium, Silicon Dioxide, Calcium Silicate, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Vegetable Acetoglycerides, Natural Mint Flavor, Triacetin, Sucralose.

Distributed by:

General Nutrition Corporation  
Pittsburgh, PA 15222 USA

**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.

No Sugar, No Starch, No Artificial Flavors, No Wheat, Gluten Free, No Corn, No Dairy.

Conforms to USP <2091> for weight.

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



GLUTEN  
FREE

\* 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.