

CODE 882500

KAG-333

DIRECTIONS: As a dietary supplement, take two caplets 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.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 60

Amount Per Serving	% Daily Value	
Calcium	170 mg	13%
PEG-Creatine System™ with CON-CRĒT® (Creatine Hydrochloride)	1250 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Dicalcium Phosphate, Polyethylene Glycol, Vegetable Stearate, Croscarmellose Sodium, Silicon Dioxide, Calcium Silicate, Magnesium Stearate Vegetable Source, Ammonium Hydroxide, Sodium Alginate, Medium Chain Triglycerides, Oleic Acid, Vegetable Acetoglycerides, Triacetin, Polysorbate 80, Stearic Acid.

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

Contains a bioengineered food ingredient.

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

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

For More Information:
1-877-462-4700
GNC.com



GLUTEN
FREE

CON-CRĒT®
CREATINE

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