

**SUGGESTED USE** Consume one level scoop (5 grams) daily mixed with water, juice, smoothie, etc. You can increase or decrease your intake as required or as guided by your physician. Creatine is not water soluble. However, our ultra-fine, micronized powder disperses extremely well into all liquids. For best results with water, stir briskly into 8 to 12 ounces of room temperature water and consume quickly. Repeat stirring if necessary. **For questions about the use of this product call 800.800.1200.**



ANDREW LESSMAN

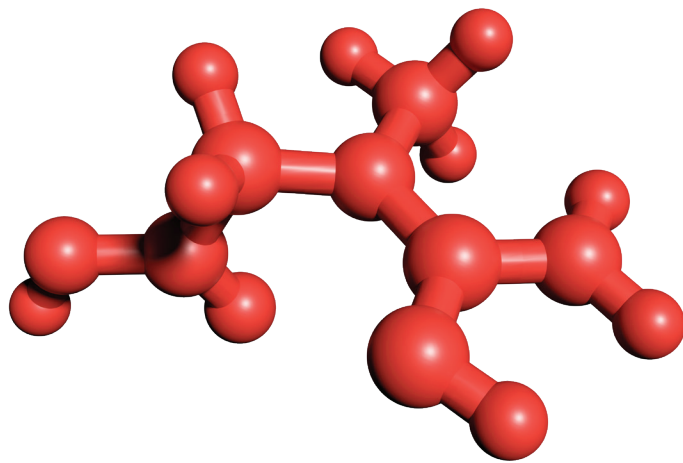
PROCAPS



# CREATINE 5000

## Micronized Creatine Monohydrate

Cellular Energy · Muscle Growth · Strength  
Brain · Memory · Cognition · Athletic Performance



Since 1979, Unsurpassed Purity, Quality and Efficacy.

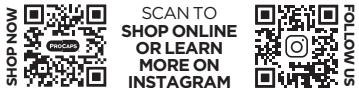
100% Solar Production  
Zero Carbon Footprint

PROCAPS

QUESTIONS? REORDERS?

800.800.1200 PROCAPS.com

Manufactured by ProCaps Labs  
Henderson, NV 89011



901176



UNFLAVORED

120 SERVINGS

Net Wt. 21.2 oz (1.3 lb) (600 g) • Dietary Supplement

**CREATINE 5000** provides a highly bioavailable source of perhaps the most important molecule for cellular energy production and physical performance. Creatine was discovered almost two centuries ago precisely because of its critical role in cellular energy production and since that time, it has gone on to become one of the most extensively researched and validated nutrients for cellular energy creation. It is also now recognized by athletes, coaches, physicians and trainers as essential for optimum physical and athletic performance. Creatine is produced in small amounts in our bodies from the amino acids glycine, arginine and methionine. Creatine is almost exclusively present in our muscles (skeletal and cardiac), as well as our brain, liver and kidneys. Creatine is concentrated in these specialized tissues due to their extreme energy requirements. Creatine is responsible for the regeneration of ATP (adenosine triphosphate) from ADP (adenosine diphosphate), which is perhaps the most critical step in all cellular energy creation. ATP is the most important high energy molecule used for the transfer and storage of energy within all our cells. In other words, creatine plays a critical role in creating the most fundamental energy source in all our cells. Unfortunately, normal aging, stress, exercise and a predominantly plant-based diet can decrease the body's creatine reserves; however, supplementation of creatine has demonstrated benefits, including enhanced energy, muscle mass and strength, as well as improved physical performance. Recent research has extended creatine's benefits to the brain, including improved cognitive function and memory. In short, creatine's critical role in all cellular energy production makes it a straightforward choice to promote optimum physical and mental performance throughout all stages of life.

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.

### Supplement Facts

Serving Size 1 Scoop (5g) (1 1/4 tsp) Servings Per Container 120

Amount Per Serving

Creatine Monohydrate 5g †

† Daily Value not established.

Other Ingredients: None.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.

*This product is sold by weight not volume. It contains the full weight stated on the label. Settling of contents may occur after production.*

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**