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> PMD Sports CR5 Professional Creatine Complex Instruction Manual

## PMD CR5

# PMD Sports CR5 Professional Creatine Complex Instruction Manual

Model: CR5 | Brand: PMD

## 1. PRODUCT OVERVIEW

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The PMD Sports CR5 Professional Creatine Complex is a dietary supplement formulated to support muscle strength, endurance, and recovery. It features a blend of five different forms of creatine, combined with Betaine Anhydrous, to enhance athletic performance and aid in lean muscle development.



Image 1.1: Front view of the PMD Sports CR5 Professional Creatine Complex bottle, containing 240 capsules.

## 2. KEY FEATURES

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- **Optimum Strength Formula:** Contains Magnesium Creatine Chelate, Creatine Citrate, Creatine Alpha-Ketoglutarate, Creatine Pyruvate, and Dicreatine Malate to support increases in muscle strength and lean muscle mass.
- **Enhanced Endurance:** Includes Betaine Anhydrous to support and improve endurance, power output, and cellular hydration during physical activity.
- **Maximum Recovery:** Designed to assist in restoring the body's energy stores and enhancing quicker muscle recovery after workouts, reducing muscle damage.
- **Energy Boost:** Dicreatine Malate contributes to greater ATP production, providing increased energy for more intense workouts.
- **Lean Muscle Development:** Creatine and magnesium work together to support the ATP process, aiding in muscle growth and preventing creatine breakdown in the stomach.



Image 2.1: The CR5 bottle highlighting the five forms of creatine included in the blend: Creatine MagnaPower, Creatine Citrate, Creatine Alpha-Ketoglutarate, Creatine Pyruvate, and Dicreatine Malate, along with Betaine Anhydrous.

### 3. USAGE INSTRUCTIONS

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#### 3.1 Recommended Dosage

As a dietary supplement, take **4 capsules in the morning** and **4 capsules in the afternoon**. This dosage applies to both workout and non-workout days.

#### 3.2 Important Considerations

- **Hydration:** It is highly recommended to drink 64-128 fluid ounces of water daily while using this product.
- **Physical Conditioning:** Use this supplement in conjunction with a regular physical conditioning program to achieve optimal results.

# 5 FORMS OF CREATINE

Maximum Uptake and Absorption  
for Total Muscle Cell Saturation and  
without the Need of a Loading Phase

## 1. *Creatine MagnaPower*

Clinically Studied and  
Premium Form of Creatine

## 2. *Creatine Citrate*

## 3. *Creatine Alpha Ketoglutarate*

## 4. *Creatine Pyruvate*

## 5. *Dicreatine Malate*

## *Enhanced with Betaine Anhydrous*

Support for Muscular Endurance



Image 3.1: Visual representation of suggested use, indicating 4 capsules in the morning and 4 in the afternoon, along with recommended water intake.

## 4. INGREDIENTS AND SUPPLEMENT FACTS

The PMD Sports CR5 Professional Creatine Complex contains a proprietary blend of creatine forms and an endurance agent. Below is the detailed Supplement Facts panel.

# CR5

## SUGGESTED USE

As a dietary supplement, take 4 capsules in the morning and 4 capsules in the afternoon on workout and non-workout days. Highly recommended users drink 64-128 fluid ounces of water daily. To be used in conjunction with a physical conditioning program.

Use the strength of CR5 creatine a part of your nutrition regimen to achieve next level results!



Image 4.1: Detailed Supplement Facts panel for PMD Sports CR5, showing serving size, servings per container, and amounts of active ingredients.

### 4.1 Active Ingredients (per 4 capsules serving)

- **CR5 Proprietary Blend:** 2,575 mg
  - Magnesium Creatine Chelate (Creatine MagnaPower®)
  - Creatine Citrate
  - Creatine Alpha-Ketoglutarate
  - Creatine Pyruvate
  - Dicreatine Malate
- **Endurance Agent:** Betaine Anhydrous

### 4.2 Other Ingredients

Gelatin, Vegetable Stearate, Silica, Microcrystalline Cellulose, Titanium Dioxide.  
This product is Stimulant Free and Gluten Free.

## 5. WARNINGS AND PRECAUTIONS

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- Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease or health condition.
- Consult with a healthcare professional before using this product if you have any pre-existing medical conditions, are taking any medications, or are pregnant or nursing.
- Do not exceed the recommended dosage.
- Keep out of reach of children.
- Store in a cool, dry place.
- **Proposition 65 Warning:** This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

## 6. PRODUCT SPECIFICATIONS

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<b>Brand</b>	PMD
<b>Model Name</b>	CR5 Professional Creatine Complex
<b>Manufacturer Part Number</b>	43224-1251
<b>Item Form</b>	Capsule
<b>Unit Count</b>	240 Count
<b>Product Dimensions</b>	3.2 x 3.2 x 5.5 inches
<b>Item Weight</b>	9.91 ounces
<b>Diet Type</b>	Gluten Free
<b>Flavor</b>	Unflavored
<b>Age Range Description</b>	Adult

## 7. SUPPORT AND CONTACT INFORMATION

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For further assistance, questions, or concerns regarding your PMD Sports CR5 Professional Creatine Complex, please visit the official PMD website or contact their customer support.

- **PMD Official Store:** [Visit the PMD Store on Amazon](#)
- **Manufacturer:** PMD

