11.000"

5.125"

R 0.125"

Finished Lead Edge

White

MICRONIZED CREATINE MONOHYDRATE 5g per serving

PROVEN4 PROFESSIONAL ATHLETES PROVEN4 YOU!

Our Proven4 Creatine formula is Micronized Creatine Monohydrate, specifically formulated to deliver a superior Creatine to professional athletes and every day athletes. Our creatine powder is finely milled to a 200 mesh rating, resulting in ultra-micronized particles that are easier to consume and quickly absorbed by your body. This fine powder mixes effortlessly in water, enhancing solubility for improved performance, strength, and recovery.

- 200 Mesh Rating
- Ease of consumption
- Quick Absorption
- Mixes effortlessly in any liquid
- 90 servings
- Micronized
- Creatine Monohydrate
- NSF Certified for Sport
- Unflavored

Most important, Proven4 Creatine is NSF Certified for Sport ™. That means it is label claim verified, banned substance free and cleared for use for athletes in every stage of their game or workout.

DIETARY SUPPLEMENT

Net Wt. 16.03 oz (1.0 lb) (454.5 g)

PROVEN 4 SPORT

NSF CERTIFIED SPORT

MICRONIZED CREATINE MONOHYDRATE 5g per serving

UNFLAVORED

DIETARY SUPPLEMENT

Net Wt. 16.03 oz (1lb) (454.5 g)

Mix 1 scoop (5.05g) with with your protein drink, or flavored sports drink or beverage.

Supplement Facts

Serving Size: 5.05g (Approx. 1 Scoop)
Servings Per Container: 90

	Amount Per Serving	% DV†
Creatine Monohydrate	5 g	†

† Daily Value (DV) not established

200 Mesh Rating

NSF CERTIFIED SPORT

PROVEN 4 SPORT

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.

Distributed by:
Professional Health and Nutrition, Inc.
28115 Lakeview Dr.
Wixom, MI 48393
www.proven4.com
Made in the USA with globally sourced ingredients

8 54976 00300 4

PROVEN 4 SPORT

MICRONIZED CREATINE MONOHYDRATE 5g per serving

UNFLAVORED

DIETARY SUPPLEMENT

Net Wt. 16.03 oz (1lb) (454.5 g)

UV ADHESIVE OVERALL
WHT WHITE UNDERPRINT
DIE LINE RED - DOES NOT PRINT

E PMS 425 | E PMS 159 | E PMS 1505 | E PMS 294

Dion Label Printing inovar

HP DIGITAL PRINT

Ticket#: **209697**
Customer: **Proven4**
Cust. PO#: E082824-Shelley
Die Size: 5.125ac x 11ar, 0.125cr

ADDITIONAL PROOFS OR CHANGE REQUESTS ARE BILLABLE AND WILL BE ADDED TO YOUR FINAL INVOICE.
REVIEW YOUR FIRST PROOF CAREFULLY FOR: ☐ SIZE ☐ LAYOUT ☐ TEXT ☐ CONTENT ☐ SPELLING ☐ COPY POSITION ☐ SPECIAL INSTRUCTIONS ☐ UPC/BARCODE/QR CODE
DION IS NOT LIABLE FOR ERRORS OR OMMISSIONS RESULTING FROM AN APPROVED PROOF CONTAINING THE DEFECT.

A PDF PROOF IS NOT A RELIABLE METHOD OF COLOR EVALUATION. If your label has specific color requirements, we strongly suggest purchasing a press proof, providing an opportunity to evaluate color, prior to production. By declining to purchase a press proof, you are agreeing to accept labels printed to generic, Dion color standards.

If you have any questions, contact your DION Customer Care Representative:
MADELINE MAZZA • mmazza@dionlabel.com • 413.568.3713 x135

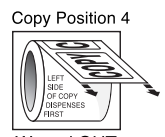
"APPROVED AS IS" BY:

"REPROOF REQUIRED" BY:

24501-001H-04 Creatine Powder 454.5 Grams

10/07/24_bp_r04_209697_Update per instructions
09/25/24_bp_r03_209697_Update to text
09/24/24_dw_r02_209697_Add the p4 logo and nsf logo
09/23/24_dw_r01_209697_Update per customer corrections
09/06/24_dw_r00_209697_New item, first proof
, ,

Copy Position 4



Wound OUT

PRINTED PROOF ROUTING

- ☐ **CUSTOMER** COPY
- ☐ **PRODUCTION** COPY
- ☐ **ART** FILE COPY
- ☐ **ART** COLOR STANDARD
- ☐ **QC** COLOR STANDARD

PRINTED PROOF DESCRIPTION

- ☐ **UNCOATED** HP PROOF *Color Accurate Press Proof*
- ☐ **COATED** HP PROOF *Color Accurate Press Proof*
- ☐ **DIGITAL HP** for FLEXO Print *Color Simulated Press Proof*
- ☐ **LASER** PROOF *Color is NOT Accurate*

INK SEQUENCE	HP	N	E	M
WHT 75°-175-		☐	☐	☐
Cyan 15°-175-		☐	☐	☐
Magenta 75°-175-		☐	☐	☐
Yellow 58°-175-		☐	☐	☐
Black 45°-175-		☐	☐	☐
PANTONE 294 C 52.5°-175-SCR20		☐	☐	☐
PANTONE 1505 C 45°-175-		☐	☐	☐
PANTONE 159 C 82.5°-175-SCR20		☐	☐	☐
PANTONE 425 C 45°-175-		☐	☐	☐
UVadh 45°-150-		☐	☐	☐
		☐	☐	☐
		☐	☐	☐
		☐	☐	☐

5 10 25 50 75 90 100

DION INTERNAL REVIEW

BARCODE VERIFICATION
- ◯ UPC or BARCODE PROOFREAD BY: DATE:
- ◯ QR CODE PROOFREAD BY: DATE:
- ◯ QR LINK VERIFIED BY: DATE:
- ◯ CUSTOMER SUPPLIED SPECIFICATION WAIVER

CONTENT VERIFICATION
◯ CSA ◯ PREV. REVISION ◯ FLIP ◯ DOCUMENT(S)
◯ REF ◯ SAMPLE **+CHANGES** ◯ MINOR ◯ MAJOR
ACTUAL PROOFREADING METHOD: ☐ HUMAN ☐ COMPARATOR ☐ VIEW-X ☐ SEPs VERIFIED
DATE: PROOFREAD BY:

COLOR STANDARD VERIFICATION
◯ REQUIRES CUSTOMER APPROVAL ◯ ART-DEPT INTERNAL ◯ FLIP
COLOR STD: ◯ EXISTING ◯ NEW ◯ PREV PRINT ◯ 1st PIECE=C-STD
◯ ART-ADMIN APPRVL REQ. ◯ HP PROOF ◯ MPS-FLEXO ◯ SAMPLE
◯ SEE ΔE BRAND SPECIFIC ◯ MEASURED MATCH ◯ VISUAL MATCH

COMPLIANCE w/ EXISTING or NEW COLOR STANDARD VERIFIED BY:

NOT REQUIRED IF NEW COLOR TO BE ESTABLISHED ON PRESS

File: **prf-24501-001H-04** 10/7/2024 **63-CMYK-SilverBopp-UVG** **14750**

Printer modifications from customer supplied artwork:
1) Picked up vector art for new logos supplied