

# Carbo Loader

## Product description

High energy sport beverage especially developed for to fill up the carbohydrates reserves. It optimally supports the glycogen storage before competitions and shortens the recovery time during training camps. It is also ideal to assist a creatine intake (100-200 ml).

New studies (Bussau et al., Eur J Appl Physiol 87, 2002: 290-295) show that glycogen reserves can be completely filled up by a 1-day carboloading. This means a very high supply in carbohydrates, which is easily realizable with CARBO LOADER without taking any huge portions of pasta or potatoes in addition. CARBO LOADER contains different kinds of sugar, which allow an increase of the energy utilisation of 20-50%, as well as the special VITARGO™, a certified carbohydrate made out of barley starch with a molecular weight about 100 x greater than maltodextrin. This causes a very low osmolality and a muscle glycogen development 70% quicker.

CARBO LOADER is completely new in the carboloading domain and is used with success in high-performance sports.



## Advantages

- Very wide sugar spectrum with the high molecular and certificated special carbohydrate VITARGO™.
- Very high carbohydrates content of 250 g/litre.
- Easy to dose and to take
- Established product in high-performance sports.

## Use

For an efficient carboloading the day before competitions and during intensive training camps, as well as for energy shortage. Carbo Loader is also appropriate to support the regeneration the day after a competition.



## Ingredients

Maltodextrin, sucrose, barley starch hydrolysate (Vitargo™), trehalose, minerals, acidifiers, flavours.

## Flavours / packaging / nutrition facts

Citrus-Orange. Box of 1200 g.

nutrition facts	per 100 g of powder	per 100 ml of prepared drink
energy kJ (kcal)	1660 (390)	410 (96)
proteins	0 g	0 g
carbohydrates	97 g	24 g
fat	0 g	0 g