

SUGGESTED USAGE: As a dietary supplement, mix 2 level tablespoons of Dextrose Powder in 16 oz. of water or juice. Consume before, during and after intense exercise for best results. Double this recipe if engaging in prolonged exertion of 2 hours or more. Consider taking this product in combination with NOW® Whey Protein Isolate, Pyruvate and Creatine.

Dextrose, or glucose as it's also known, is a monosaccharide that is approximately 30% less sweet than pure or refined cane sugar, and is not associated with either fructose or lactose. It is derived entirely from corn, making it natural, effective, and easily utilized by the body. Its fine texture and moderate sweetness make dextrose versatile for a wide range of applications. However, it offers an especially important effect for athletes. As a simple sugar, it is well-tolerated by most individuals with healthy blood sugar levels, and can be consumed before, during, and after the most intense training sessions.

From an athletic performance perspective, dextrose can help ensure that hard-worked muscles are not deprived the protein and nutrients they need to recover, repair, and replenish. Dextrose has a high glycemic index (GI) rating which allows it to enter the bloodstream very quickly. This action stimulates a powerful and almost instantaneous insulin response. Insulin is a natural hormone with strong anabolic properties that helps drive nutrients into the cells of hungry muscle fibers, such as creatine monohydrate, beta-alanine, L-arginine, L-carnitine and others.* NOW® Dextrose is 100% pure and manufactured under NOW's strict quality standards.

CODE 6924 VI



Dextrose Powder

100% Pure

Quick Energy Fuel*

Net Wt. 10 lbs. (4536 g)



Supplement Facts

Serving Size 2 Level Tablespoons (20 g)
Servings Per Container 226

	Amount Per Serving	% Daily Value
Calories	70	
Total Carbohydrate	18 g	6%*
Sugars	18 g	†
Dextrose	20 g	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENT: 100% Pure Dextrose from Corn.

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108
Made in the U.S.A. www.nowfoods.com

Contains no salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

This product is sold by weight not volume.

Store in a cool, dry place. Please Recycle.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

A Dietary Supplement Vegetarian Product