



DIRECTIONS: As a dietary supplement, add one level scoop (44 g) to 16 fl oz of water, juice or sports drink and mix or shake until smooth. For best results, liquid should be very cold. Mixes instantly without the use of a blender. For EXTREME results, take during workout.

KEY FEATURES

- ✓ Provides 38 g of complex carbs for sustained energy & endurance
- ✓ Free of artificially-derived colors, flavors and sweeteners
- ✓ No added sugar

EXTREME EDGE® CARBO LOAD is a high octane formula delivering 38 grams of intense complex carbohydrates from waxy maize, plus long chain glucose polymers from maltodextrin, steel cut oats, brown rice and D-ribose, which are rapidly broken down into glucose, the body's primary source of fuel. This glucose replenishment formula spares liver and muscle glycogen for later use – particularly during the recovery phase – with the right amounts and balance of performance-enhancing nutrients to help

your body sustain unrivaled training intensity throughout the entire workout. Use it once, and you'll never train without it again! ♦

Designed as an 8% carb solution (i.e., 38 grams of carbs to 16 fl oz) for continuous hydration during a workout – along with the high molecular weight of waxy maize – permits other performance-enhancing ingredients, such as D-ribose and electrolytes, to

reach the intestines and get absorbed into muscle cells more quickly for immediate refueling and to spare muscle glycogen stores for use during the recovery phase. Plus, each serving provides a GlucoSHOCK blend of alpha lipoic acid, cinnamon and chromium to effectively open muscle cells for refueling. ♦



Extreme Edge® is a registered trademark of Bluebonnet Nutrition Corp.

Tested • Certified • Safer™ with NSF Certified for Sport®
Product tested for 200+ banned substances
Product checked against sports prohibitive lists
(NFL, MLB). More info at www.nsf.org

ADVICE FOR OFF-SEASON BODYBUILDERS & ENDURANCE ATHLETES

Stack two servings of EXTREME EDGE® CARBO LOAD with one serving of EXTREME EDGE® WHEY PROTEIN ISOLATE or EXTREME EDGE® POST WORKOUT. When combined as directed, you will receive the scientifically coveted ~3:1 ratio of carbohydrates-to-protein (i.e., 79 or 84 grams of carbohydrate to 26 or 28 grams of protein providing ~425 or ~450 calories, respectively) to replenish glycogen and amino acid stores, as well as electrolytes in the body for faster recovery. ♦

KEEP TIGHTLY CLOSED. STORE IN A COOL, DRY PLACE AWAY FROM HEAT, LIGHT AND MOISTURE. KEEP OUT OF THE REACH OF CHILDREN.

SERVINGS PER CONTAINER ARE AN APPROXIMATE.

NOTE: THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. SETTLING OF CONTENTS MAY OCCUR DURING SHIPPING.

♦ 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.

OTHER PRODUCTS FROM EXTREME EDGE:

- 1 **PRE WORKOUT**
MUSCLE RECHARGING STACK ♦
- 3 **POST WORKOUT**
MUSCLE REBUILDING & RECOVERY STACK ♦
- + **100% PURE WHEY PROTEIN ISOLATE**
RAPID MUSCLE REBUILDER & AMINO ACID REPLENISHER ♦

PROFESSIONAL STRENGTH FOR SERIOUS ATHLETES



CARBO LOAD



MUSCLE REPLENISHING & REFUELING STACK ♦

38 GRAMS OF COMPLEX CARBS PER SERVING

- Sustains High Energy & Endurance ♦
- Prolongs Exercise Tolerance ♦
- Replenishes Glucose Levels Instantly ♦



NO BANNED SUBSTANCES DETECTED



GRAPE FLAVOR

Supplement Facts

Serving Size 1 Level Scoop (44g)
Servings Per Container 26

Amount Per Serving		%DV*
Calories	150	
Total Carbohydrate	38 g	13%
Sugars	1 g	
Chromium (as Amino Acid Chelate)	200 mcg	167%
Sodium (as Sodium Bicarbonate)	130 mg	5%
Extreme Glucose Refueling Stack ♦	38.2 g	**
(From Complex Carbohydrates & Long Chain Glucose Polymers from Waxy Maize, Maltodextrin, Steel Cut Oats [Powder], Brown Rice and D-Ribose)		
GlucoSHOCK Action Stack ♦	75.2 mg	**
(From Alpha Lipoic Acid, Cinnamon Bark Extract from Cinnulin PF® [Cinnamomum Burmannii], Chromium [Amino Acid Chelate])		

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

** Percent Daily Values (DV) not established.

Other Ingredients: Natural Grape Flavor, Citric Acid, Potassium Bicarbonate, Stevia Extract (Reb A), Grape Skin (colorant).

Free of Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat and Soybeans.

Also Free of Yeast and Barley.

Minerals are shown in their elemental value.

Allergen Warning: Manufactured in a facility that processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

Manufactured for
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