

SUGGESTED USAGE: 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.

Dextrose (also known as glucose) is a simple sugar (monosaccharide) that is the primary source of energy for the body.* Dextrose is approximately 25% less sweet than pure or refined cane sugar, and is not associated with either fructose or lactose. It has a fine texture, mixes easily, and is moderately sweet – these traits make it extremely versatile. In addition, as a monosaccharide, dextrose is easily absorbed and utilized by the body; it has a high glycemic index (GI) rating which indicates that it enters the bloodstream very quickly and is well-tolerated by most individuals with normal blood sugar responses.*

Dextrose stimulates the body to drive, not only glucose, but amino acids and other nutrients into cells.* Dextrose thus makes energy readily available to working muscles and helps to maintain glycogen stores.* In addition, dextrose also helps to make important nutrients, such as creatine and branched-chain aminos, available for use by muscle tissue.* From an athletic performance perspective therefore, it can help fuel intense activity, maintain exercise endurance, and support recovery from exercise.*

Dextrose can be consumed before, during, and after the most intense training sessions. NOW® Sports Dextrose is derived from non-GMO corn and manufactured under NOW's strict quality standards.

Code 6924BN v7



NET WT. 10 LBS. (4536 G)
A Dietary Supplement



DEXTROSE POWDER

ENERGY PRODUCTION*



Supplement Facts

Serving Size 2 Level Tablespoons (approx. 20 g)
Servings Per Container about 227

	Amount Per Serving	% Daily Value
Calories	70	
Total Carbohydrate	18 g	7%*
Total Sugars	18 g	†
Includes 18g Added Sugars		36%*
Dextrose Powder	20 g	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENT: Dextrose Powder.

Quality Tested & Packaged by NOW FOODS
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Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

***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.**

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition, including diabetes. Keep out of reach of children.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.