

**DURACARB™**, an energy drink for athletes and exercise enthusiasts, contains both long and branched chain carbohydrates. Scientific research as far back as the late 1970's indicates that the digestion of long and branched chain carbohydrates is extremely efficient. In fact, there is evidence that absorption becomes more efficient as chain length and branching increase!\*

DURACARB contains a higher percentage of long and branched chain carbohydrates than many other "carbo-drinks". DURACARB gives you quick, consistent energy when you need it, with no unnecessary fat, protein or fiber. It won't leave you feeling sluggish and full when you need to feel light and energized.\*

DURACARB is smooth and mixes easily, with no oily or bitter aftertaste. You can drink DURACARB before and throughout workouts, to replenish fluids and energy. For optimal energy and fitness, take DURACARB along with Muscle Dynamo™, Source Naturals® advanced athletic formula. Muscle Dynamo™ contains key nutrients involved in the Krebs energy-producing cycle.\*

**CAUTION:** If you are pregnant, may become pregnant, breastfeeding, or diabetic, consult your health care professional before using this product.

**NOTE:** This package is sold by weight, not by volume, and some settling of contents may occur during shipping and handling.

STORE IN A COOL, DRY PLACE.

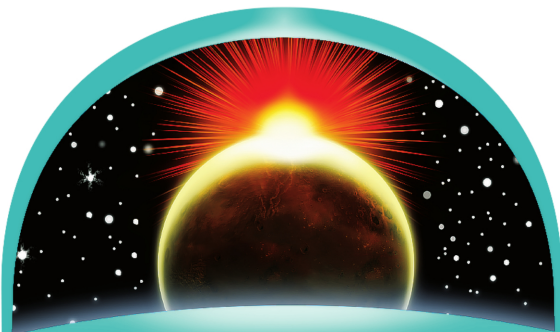
**Do not use if either tamper-evident seal is broken or missing. Keep out of reach of children.**

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no starch, preservatives, or artificial color, flavor or fragrance.

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**\*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.**

**SOURCE NATURALS®**



DIETARY SUPPLEMENT

**DURACARB™**

**BRANCHED AND LONG CHAIN  
COMPLEX CARBOHYDRATE FOR  
QUICK ENERGY\***

**NET WT. 32 OZ. (907.2 GRAMS)**

**Supplement Facts**

Serving Size 1 1/2 scoops (approx. 28g)

Servings Per Container 32

	<b>Amount Per Serving</b>	<b>%DV</b>
Calories	105	
Total Fat	0	<1%*
Saturated Fat	0	<1%*
Trans Fat	0	†
Total Carbohydrate	26 g	10%*
Sugar	1 g	†
Protein	0	<1%*
Chromium (from yeast-free GTF chromium polynicotinate [ChromeMate®])	20 mcg	17%
Maltodextrin (DuraCarb™)	28 g	†

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

†Daily Value not established.

**Suggested Use:** Mix 1 1/2 scoops in 8-12 ounces of your favorite beverage (using water or diluted juice such as apple juice will avoid the sugar "high" effect and help provide a smooth release of fuel). DURACARB requires no blender; it dissolves easily when stirred. Drink before and during workouts for increased energy and fluid replenishment. Drink after cool-down from intense workouts to restore depleted carbohydrate and glycogen reserves.\*

**For Endurance Athletes:** Take 3 scoops of DURACARB 20 minutes before training. Sip throughout workout for continuous replenishment of energy and fluids. Take 1 1/2 scoops after cool-down to maximize recuperation.\*

Manufactured for:  
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SN0748  
REV F182

