Recommended Use: Take 1 scoop mixed in 8 to 16 ounces of your favorite cold liquid. For best results take DGC™ before, during, and after training or athletic event. DGC™ can be added to VP2® Whey Isolate to create a high energy protein source to produce even greater protein synthesis. DGCTM is slightly sweet but tasteless so it can be easily mixed in water, juices or even sports drinks for a rapid and efficient energizing effect allowing you to train and compete harder and maintain peak performance levels for longer periods of time. †

References: 1. Physiol. Rev. 77:257-302, 1997, 2. J. Biol. Chem. 267:14523-14526, 1992 3. J. Physiol. 267:237-248, 1977 4. J. Appl. Physiol. 96:1285-1291, 2004 5. Med. Sci. Sports 27:1607-1615, 1995 6. Med Sci Sports Exerc 36, 2004

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





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Rev# DGC0912

## **AST SPORTS SCIENCE**

**HYDRATION • ENERGY • ENDURANCE** 

ENERGY

For Ultra-Intense Workouts

**HYDRATION** 

Electrolytes for Optimum Hydration<sup>1</sup>

ENDURANCE

Train harder - Train longer

**DELIVERS MORE ENERGY TO WORKING MUSCLES FASTER!** 

Dietary Supplement Net wt: 1029 grams (2.26 lbs)

## **Supplement Facts**

Serving Size: 49 grams (1 Scoop) Servings Per Container: 21 Each Serving of DGC™ Contains:

Calories	180	
Calories from fat	0 g	
Total fat	0 g	0%
Saturated fat	0 g	0%
Trans fat	0 g	
Cholesterol	0 mg	0%
Total carbohydrates	46 g	15%
Dietary fiber	0 g	0%
Sugars	46 g	
Protein	0 g	0%
Vitamin C (as ascorbic acid)	60 mg	100%
Thiamin (as thiamin mononitrate)	1 mg	67%
Riboflavin	1 mg	59%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	50%
Vitamin B12 (as cyanocobalamin)	1 mcg	17%
Biotin	10 mcg	3%
Pantothenic acid (as d-calcium pantothenate)	3 mg	30%
Calcium (as calcium carbonate)	100 mg	10%
Phosphorus (as monosodium & monopotassium phosphate)	65 mg	7%
Magnesium (as magnesium oxide)	150 mg	38%
Sodium (as sodium chloride & monosodium phosphate)	70 mg	3%
Potassium (as monopotassium phosphate)	45 mg	1%

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strength and endurance.