

SUPPLEMENT FACTS

Serving Size: 2 Scoops = 1.8 oz. (50 g)
Servings Per Container: 27

Amount Per Serving		
Calories 200		Calories from Fat 0
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0g	0%
Sodium	0mg	0%
Potassium	0mg	0%
Total Carbohydrate	50g	100%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	0g	0%

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

INGREDIENTS: Glucose polymers extracted from Identity Preserved GMO Free Corn.

Contains no preservatives, color, dairy, gluten, soy, sweeteners or yeast.

WARNING: Diabetics must use only under a physician's supervision.

*The statements on this label have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.

Product has been sealed for your protection. Do not use if seal on cap is broken. For freshness store in a cool dry place.

ENERGIZE

SUGGESTED USE

FOR A TWO HOUR WORKOUT/TRAINING SESSION OR COMPETITION

1. BEFORE workout or competition MIX at least Two (2) scoops in 10 - 12 oz. of cold water and drink it at least 30 minutes before workout/competition
2. DURING workout or competition, for each hour of activity MIX at least Two (2) scoops in 20 - 26 oz. of cold water (7%-10% solution) and sip throughout activity
3. AFTER workout or competition MIX at least Two (2) scoops in 10 - 12 oz. of any fluid and drink within the first hour AFTER workout/competition for optimal muscle-glycogen replenishment and recovery

*A 150 lb. (68 kg.) athlete needs at least 300 calories per hour of exercise activity = 3 scoops of CARBO-PRO

CARBO-LOADING

You may carbo-load with Carbo-Pro for two to three days before a major event. One (1) or two (2) scoops in 12 oz. of cold water, twice a day. Once in the morning and once in the evening should be sufficient.

CONDITIONING/TRAINING

Two (2) or three (3) scoops in 10 oz. to 16 oz. of cold water. Drink within the first hour AFTER workout.

RACE/COMPETITION

Carbo-Pro allows endurance athletes to adjust CARBS intake based on training or competition distance. A 150 lb. athlete needs at least 300 calories per hour of activity @ 2 calories per hour, per lb. of body weight. One scoop of Carbo-Pro provides 100 calories of energy.

Combine with CarboPro's METASALT™ & VO₂ Max™ for any Endurance Activity Under the Sun



Reordering is a breeze. To get started, scan QR code with your Smartphone.

Questions? Call 1.888.300.1600
For our complete line of premium products and usage guides please visit...

carbopro.com

NATURE SMART™
CARBOPRO

IDENTITY PRESERVED
GMO Free

PURE COMPLEX CARBOHYDRATES

CARBO-PRO

NON-SWEET NEUTRAL FLAVOR

DIETARY SUPPLEMENT
NET WT 3 LB | 1360 G



DELIVERING PEAK PERFORMANCE

CARBO-PRO is the most efficient source of hydration and energy. It offers Power, Strength and Endurance Athletes an easy and effective way to achieve the highest levels of muscle glycogen and maintain that level before, during and after activity. It replenishes muscle glycogen and helps in reducing the use of muscle protein for fuel, sparing vital muscle tissue. It mixes easily in any fluid and its neutral (non-sweet) flavor becomes convenient for consumption with any sports drink or any fluid (water, juice, shake, etc.). Allows you to determine carbohydrate intake and concentration based on intensity and

duration of activity. Perfect for carbo-loading and replenishing muscle glycogen. Helps maintain hydration with LOADING because with each gram of stored muscle glycogen, the body also has to store 2.7 grams of water.

PERFECTLY BALANCED Caloric Concentration & Low Osmolality

The DE is <19, so has low osmolality of 200 to 220 in even up to 15% - 20% solution in water, which is lower than body fluid osmolality (280 - 300). Provides higher caloric density, as a HYPOTONIC SOLUTION, without exceeding osmotic balance and facilitates quick absorption without causing gastric distress. Easy to RE-LOAD and CARBO-LOAD as needed.



Caloric requirements for different body weights and training & racing durations

This container holds approx. 5400 Calories

The 60 cc scoop (inside container) holds approx. 0.9 ounce (25 g) of the product. One scoop provides approx. 100 Calories. One serving size which is 2 scoops (1.8 oz. / 50 g) provides approx. 200 Calories.

One serving (2 scoops/ 1.8 oz./ 50 g) represents theoretically as much carbohydrate content as 200 g (about 1/2 lb.) of cooked pasta; or as much as 430 g (about 1 lb.) of potatoes

DAILY TRAINING HOURS OR RACE DURATION

	2	3	4	5	6	7
110	300	400	500	600	700	800
132	400	500	600	700	800	900
154	500	600	700	800	900	1000
176	600	700	800	900	1000	1100
198	700	800	900	1000	1100	1200
220	800	900	1000	1100	1200	1300

A PREMIUM FUEL Identity Preserved GMO FREE

CARBO-PRO is a clinically tested complex carbohydrate, a Premium fuel formulated to provide simple, clean and efficient calories. It is derived through a patented process of hydrolysis of certified Identity-Preserved (IP) CORN which has NOT been genetically modified by bioengineering technology. In order to ensure that it is IP, purchasing is done through contracts with farmers to buy corn which has not been genetically modified by bioengineering technology. Each lot is accompanied by proper IP documentation (signed certificate of handling that the Corn was IP at all times, and a signed certificate of origin listing location, producer, and seed corn brand). The corn is further tested by the ELISA procedure to screen for bioengineered genetic modifications. IP campaign is initiated by segregating approved product. Finished product is tested by PCR method by an independent laboratory to ensure integrity of the production run. Each identity-preserved lot can be recognized by "IP" following the lot number.

Manufactured for:
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PLEASE RECYCLE