



50  
SCOOPS

Sugar-Free • Gluten-Free

Not a reduced calorie food.

### Supplement Facts

Serving Size: 1 scoop (38g)\*\*\*  
Servings Per Container: 50

|                                                  | Amount Per Serving | %DV** |
|--------------------------------------------------|--------------------|-------|
| Calories                                         | 140                |       |
| Total Carbohydrate                               | 35 g               | 12%   |
| Vitargo®<br>(fractionated barley<br>amylopectin) | 35 g               | 12%   |

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

**INGREDIENTS:** citric acid, natural flavor, sucralose, natural color (lime green).

GLUTEN-FREE (via EUSA testing each batch) Manufactured in the USA, Worldwide Ingredients at a cGMP facility.

Protected by US Patent 5929052 and other international patents, sublicensed exclusively to Vitargo®, Fastest Body Fuel™, and Same Day Recovery™ are also protected by copyright.

**Each batch certified free of banned substance** For more details, see bscg.org

\* 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.

\*\*\* Does not include moisture.



Fastest Body Fuel™  
Same Day Recovery™  
No Bloating\*  
No Crashing\*

**Vitargo®** is the fastest, university-proven body fuel to power your performance and recovery. Elite fueling for hard training is the ideal system to expand the boundaries of human endeavor, sustain metabolic balance, and form a sculpted physique.

Our mission doesn't stop there. When you fully fuel your training you also support your body's needs throughout the rest of your day. Our goal is to empower your desire to train hard and meet the intense demands of a full life.

### MIXING INSTRUCTIONS:

#### How to Mix:

In a shaker bottle with a whisk ball

Start with  
10 oz.  
of water



Add  
scoop(s)  
of Vitargo  
**SHAKE**  
vigorously



Add  
more water  
for desired  
consistency  
Ready, Set,  
Gulp!

#### WHEN to Take

*Before, between, or during exercise/competition*

- You can mix in your favorite non-carb supplements (protein, pre-workouts, amino acids, electrolytes). Vitargo rapidly empties from your stomach—**bloat-free fueling!**

#### After-training/competition

- Take 1 to 2 scoops as soon as possible after finishing. Vitargo can be combined with your favorite post-workout, zero/low carb supplements (like protein powder). For optimal recovery follow supplementation with a nutrient-rich meal.

For more info and research studies go to [Vitargo.com](http://Vitargo.com).

Marketed exclusively by Vitargo, Inc.

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### Scoop Guide

#### GENERAL CARBOHYDRATE GUIDELINES

**1 scoop**  
per hour  
Fuels moderate  
intensity exercise

**2+ scoops**  
per hour  
Fuels high  
intensity exercise

Calculate your personal Vitargo needs using our "Scoop Calculator" at [vitargo.com/scoopcalc](http://vitargo.com/scoopcalc)

vitargo®