

SUGGESTED USAGE: Mix 2/3 cup of Carbo Gain in 24 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.

NOW® Carbo Gain is 100% pure maltodextrin, a complex carbohydrate derived from corn. Maltodextrin is comprised of "glucose polymers," which are chains of glucose molecules that are easy for the body to digest and assimilate. Maltodextrin can help to sustain energy levels during endurance exercise by enhancing muscular energy stores. Furthermore, maltodextrin use during exercise can help the body cope with the biological stress produced by intense training, thereby supporting the post-workout recovery process. Carbo Gain represents a convenient way to fuel your body with the quick, but sustaining energy it needs during intense physical activity.*

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Made in the USA

CODE 2020B V3



Carbo Gain

Complex Carbohydrate

Net Wt. 2 lbs. (907 g)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 2/3 cup (67 g)
Servings Per Container about 14

	Amount Per Serving	% Daily Value
Calories	250	
Total Carbohydrate	63 g	21%*
Sugars	2 g	†
Sodium	45 mg	2%

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

Ingredient: 100% Pure Maltodextrin (from corn).

Distributed by NOW FOODS
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For more product information visit www.nowfoods.com/2020

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.

This product is sold by weight not volume.

Store in a cool, dry place after opening. Please Recycle.

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