

POWER CARB™

Rapid Muscle
Glycogen SuperLoader™

What is Power Carb™?

Power Carb™ is Labrada Nutrition's Designer Carb™, a functional carbohydrate "superfood" engineered to rapidly replenish muscle glycogen, increase nutrient uptake, and enhance muscular function. **Power Carb™** is a nutritional breakthrough that will forever change the way you fuel your muscles. You'll never suffer through a bad workout or flat athletic performance again!

What Can Power Carb™ Do For Me?

Power Carb™ can massively increase glycogen stores inside your muscles up to 1200% faster than pasta, rice, or bread. It literally forces glycogen storage, resulting in a huge increase in energy and the ability to exercise harder and longer. And because every gram of glycogen pushed into muscles pulls in 4 grams of water, you can expect your muscles to fully hydrate, with your skin pulled tightly around them, resulting in a more muscular appearance, starting WITH THE FIRST DOSE!

How Does Power Carb™ Work?

Power Carb™ is a homopolysaccharide (homogenous, relatively-complex carbohydrate) made up of thousands of monosaccharides (sugar molecules) joined together by glycosidic bonds to form branched macromolecules (large molecules.) The molecular mass (molecule size and weight) of **Power Carb™** has been engineered to enhance gastric transit through the stomach at a rate much greater than common carbohydrates such as waxy maize, maltodextrins, breads, pasta, or rice.

Hi-Performance
Carbohydrate "Superfood"

Power Carb™ is produced from natural complex carbohydrate sources using a newly-developed, patent pending "Enzymatic Milling Process."

Power Carb™ is SUGAR-FREE and completely instant, and easily digestible! It is absorbed very quickly without stomach bloating or discomfort.

How Should I Use Power Carb™?

Use **Power Carb™** before, during and right after training to boost energy, prevent the onset of fatigue, and then jumpstart the glycogen recharging process to shorten your post workout recovery time. **Power Carb™** works equally well, whether you are a strength or endurance athlete! **Power Carb™** is excellent for athletes who have multiple training sessions per day – use it to rapidly increase muscle glycogen, decrease recovery time and increase energy for your for an extra 1-2 hours. Mix **Power Carb™** with a high quality protein powder such as **Lean Pro®** or **Lean Body®** to increase protein uptake after your workout.

How Does Power Carb™ Increase My Supplement Uptake?

Power Carb™ increases the effectiveness of any other supplement you take with it.

Because **Power Carb™** passes through the stomach very quickly, it acts like a pump, pulling water and nutrients along with it, which are then shuttled into muscle cells. Nutrient uptake is increased, so you get more out of your supplements. Take **Power Carb™** along with your creatine, BCAA's, beta-alanine or other supplements to "express shuttle" them into your muscles.

Is Power Carb™ Right for Me?

Power Carb™ is a powerful performance tool for all athletes including fitness enthusiasts, runners, bicyclists, ball players, tri-athletes, and body builders.

PERFORMANCE ENHANCER* • WORKS WITH 1ST DOSE!*

Absorbed
**1200%
FASTER**
than Other Carbs*

POWER CARB™

Rapid Muscle
Glycogen SuperLoader™

Increases Supplement Uptake*

Fruit Punch Flavor
SUGAR-FREE

Net Wt. 2.2 lb. (998g)

LABRADA
NUTRITION

Nutrition Facts

Serving Size: 25 grams (1 scoop)
Servings Per Container: 40

	Amount Per Serving	% DV
Calories	100	
Calories from Fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Potassium	0 mg	0%
Total Carbohydrate	25 g	10%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	65g	80g
Saturated Fat	20g	25g
Cholesterol	300mg	300mg
Sodium	2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrates	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Power Carb™ (Karbo-Lyn® homopolysaccharide derived from potato, rice, corn), Citric Acid, Natural & Artificial Flavor, FD&C Red #40, Sucralose.

Karbo-Lyn® is a registered trademark of All American Pharmaceutical.

Current
Good
Manufacturing
Practices

Power Carb™ is made in a steroid and prohormone free, FDA-inspected, pharmaceutical-grade manufacturing facility. This product is pure and unadulterated, and will not cause a positive test result for banned substances, making it perfect for high school, college, Olympic, and professional athletes who want to naturally boost their athletic performance.

*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.

Directions:

Training Days – Pre-Workout: Mix 1 to 2 scoops of **Power Carb™** in 20 oz. of water, and consume 45–60 minutes prior to physical activity. Combine with your pre- and during workout supplements to massively increase their absorption rate.

For an extraordinary training experience, stack **Power Carb™** with Labrada's Super Charge!® Xtreme Pre-Workout Drink. You may sip **Power Carb™** during your workout to sustain intensity and muscular energy.

Post-Workout – Mix 1 to 2 scoops of **Power Carb™** in 20 oz. of water, and consume immediately after your workout. You may add amino acids, BCAA's, creatine, or protein powder to rapidly increase their uptake and jump start glycogen replenishment and muscle tissue repair and recovery.

Non-Training Days – Mix 1 serving of **Power Carb™** with your favorite protein powder such as **Lean Pro8®** or **ProV60®** to make a great meal replacement shake! **Power Carb™** will help you with recovery on your days off by optimizing nutrient uptake to ensure muscle recovery and growth.

WARNING: Due to the extremely fast uptake of **Power Carb™**, it is important to drink plenty of water to maximize its effects. Consume at least 20 ounces of cold water with each serving. Beneficial "muscle fullness" is common, starting with the first dose. If you are a diabetic, consult your physician before using **Power Carb™**.



Developed by and Manufactured for:

LABRADA
NUTRITION

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