



FASTEST FUEL
for **ENDURANCE**
& **RECOVERY**

PREFUEL ▶ REFUEL ▶ REHYDRATE ▶ RECOVER



Vitargo®

UNIVERSITY PROVEN
pre | intra | post



Naturally Flavored
Powdered Supplement Mix

LEMON LIME

Dietary Supplement
Net Wt. 68.3oz. (4lbs. 4.3oz./1,937g)



scan me!

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*Vitargo® Fastest Muscle Fuel™
Proof Before Promises®
When Life Demands Intensity®
and Same Day Recovery™ are
protected by copyright.*

**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.**

Store at room temperature,
in dry conditions.



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From **GUT** To **GLYCOGEN** To **RECOVERY**

Sugar-Free • Gluten-Free

Not a reduced calorie food.

Supplement Facts

	Amount Per Serving	%DV**
Serving Size: 2 scoops (77g)		
Servings Per Container: 25		
Calories	280	
Total Carbohydrate	70 g	25%
Vitargo® (fractionated amylopectin starch)	70 g	

** The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

Marketed exclusively by **Vitargo, Inc.**
16929 E Enterprise Dr, #105 • Fountain Hills, AZ 85268
877.456.7295 • @vitargo

Manufactured in the USA, Worldwide Ingredients at a cGMP facility.
Vitargo starch is certified Non-GMO by Intertek.

Each batch certified drug free Verify Lot# at bscg.org



Proof Before Promises® University studies online at vitargousa.com/the-science-of-vitargo

GUT TRANSIT	GLYCEMIC RISE	INSULIN RESPONSE	RECOVERY	PERFORMANCE
2.3x FASTER	2x FASTER	1.8x HIGHER	1.7x FASTER	UP TO 23% BETTER*

STUDIES USED 75g SERVING | *PERFORMANCE STUDY USED 100g SERVING

Vitargo® is one of those rare products reinforced by **multiple university studies**, conducted in top research laboratories led by world class scientists. The evidence showing Vitargo to be the **Fastest Muscle Fuel™** links a critical metabolic sequence, unmatched by any other carb: from gut transit to glycemic rise to insulin response to glycogen recovery to performance. No other carb has this span of proof.

- **BLOAT-PROOF** 2.3x faster gastric emptying in just 10 minutes compared to maltodextrin + sugars.¹ This leads to less stomach "distress" and faster delivery of muscle energy.
- **GLYCEMIC SURGE WITH NO CRASH** 2x faster glycemic rise with NO CRASH.³
- **SPARE MUSCLE PROTEIN** 1.8x higher insulin response than malto + sugars, within 10 minutes.³ Insulin plays a key role in muscle building. It is the most anabolic hormone in the body and activates the anti-catabolic signals that spare muscle protein.
- **SAME DAY RECOVERY** 1.7x faster glycogen re/fueling than malto + sugars after exhaustive exercise.² Vitargo is ideal for carbohydrate/glycogen loading post workout or weigh-in.
- **BOOSTS PERFORMANCE** Up to 23% greater maximal endurance (avg. of 10% greater) and 5% greater power output 2 hours after exhaustive, glycogen-depleting exercise, compared to malto + sugars.^{3,4}

MIXING INSTRUCTIONS:

HOW TO MIX:

In a shaker bottle or in a blender



WHEN:

PRE- (before) or **INTRA-** (during) training or competition • Mix 1 or 2 scoops of Vitargo as shown above. Feel free to add your favorite pre-workout, amino acid, electrolytes, or other non-carb supplement.

POST- (after) training or competition, or for glycogen loading • Mix 2 scoops and drink right after exercise. Ideally, mix with 20-25 grams of protein. After longer sessions (>1-1.5 hrs) take another 1-2 scoops 30-90 minutes later.

References

1. Leiper JB, et al. Improved gastric emptying rate in humans of a unique glucose polymer with gel-forming properties. Scand J Gastroenterol 2000; 35:1143-9
2. Aulin KP, et al. Muscle glycogen resynthesis rate in humans after supplementation of drinks containing carbohydrates with low and high molecular masses. Eur J Appl Physiol 2000; 81:346-51.
3. Stephens FB, et al. Post-exercise ingestion of a unique, high molecular weight glucose polymer solution improves performance during a subsequent bout of cycling exercise. J Sports Sci 2008; 26:149-54.
4. Oliver JM, et al. Ingestion of High Molecular Weight Carbohydrate Enhances Subsequent Repeated Maximal Power: A Randomized Controlled Trial. PLoS ONE, DOI:10.1371/journal.pone.0163009; 2016

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SCOOPS

From youth to elite, Vitargo is safe and effective for athletes of all ages and levels.