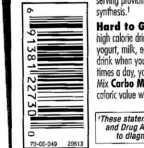
Carbo Max is a 100% pure source of high quality complex carbohydrates, Maltodextrin, derived from natural grain sources. Maltodextrin are polymers of dextrose (sometimes called "glucose polymers"). Maltodextrin is an easily digested short chain of 3 – 20 glucose units in length and a convenient source of energy to fuel your body.†

Carbo Max is ideal for sustaining high levels of energy during intense or strength training, bodybuilding contests, or any endurance activity as it improves performance when consumed during long periods of exercise. Also it can be used as an effective way to gain weight in the form of lean muscle rather than fat. **Carbo Max** is pure maltodextrin and when combined with protein, it provides a very slow burning source of energy. All types of athletes use maltodextrin as a primary source of complex carbohydrate for sustained energy. Scientific research validates that by "carbo-loading" – ingesting significantly more carbohydrates than usual – it's possible to force the muscle to retain more glycogen, making your muscles bigger, stronger and more capable of sustained and intense activity.†

Glycogen may be the most important fuel source for energy during exercise. There is direct correction between the glycogen stored in muscles and liver and the ingestion of carbohydrates. The enzyme responsible for the synthesis of glycogen is glycogen synthase. The American College of Sports Medicine (ACSM) recommends that carbohydrate be ingested at a rate of 30 to 60 grams per hour during exercise to maintain optimal oxidation of carbohydrates as fuel and delay fatigue. Each serving of **Carbo Max** delivers 57 grams of rapidly assimilated maltodextrin per serving providing the ideal amount of carbohydrate to maximize glycogen synthesis.†

Hard to Gain Weight? Try this. For a delicious and nutritious high calorie drink, mix **Carbo Max** with one or more of these - fruit, yogurt, milk, eggs, or juice. (It's possible to ingest over 1,000 calories per drink when you combine additional food sources as mentioned.) Try 3-4 times a day, you should see results very quickly. Add to Other Products - Mix **Carbo Max** with other MMSN protein powders to increase the total caloric value without adding sugar or fat.

**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.*



INCREASES MUSCLE SIZE, STRENGTH & ENERGY†

MUSCLE SUPPLEMENTS

CARBO MAX

100% NATURAL TIME RELEASED COMPLEX CARBOHYDRATE

- *Pure Source of Maltodextrin Derived From The Finest Grains*
- *Inventized For Easy Mixing & Rapid Absorption*
- *Maximizes Glycogen Synthesis & Delays Fatigue†*

UNFLAVORED

DIETARY SUPPLEMENT • NET WT. 6 LBS (2724 G)

Directions: As a dietary supplement, mix three (3) scoops with 16 to 20 ounces of water or add to your favorite drink or protein shake. Stir briskly and consume immediately or refrigerate for up to 24 hours or until mixed. Adjust ingredient, or increase water content to customize taste preference. For Pre workout: consume one serving 15 to 30 minutes prior to exercise. For Post workout: consume one serving immediately to 30 minutes after workout.

CARBOHYDRATE LOADING PLANS

Plan #1: Gradual weight gain, increased strength and endurance
1 serving (3 scoops) Carbo Max (up to 4 times daily)
Also in: 16 oz Water (0)
16 oz Juice or Milk (about 120) (about)

Plan #2: Rapid weight gain, increased strength and endurance
2 servings (6 scoops) Carbo Max (up to 3 times daily)
Also in: 16 oz Water (0 Calories)
16 oz Juice or Milk (about 220) (about)

Plan #3: When weight gain seems impossible!
3 servings (9 scoops) Carbo Max (up to 3 times daily)
Serve: 16 oz Water (0 Calories)
16 oz Juice or Milk (about 330 Calories)

Supplement Facts

Serving Size: Three (3) Scoops (57 g)
Servings Per Container: 47 (Approx.)

Amount Per Serving	% DV*
Calories 220	
Calories from Fat 0	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 40 mg	2%
Potassium 0 mg	0%
Total Carbohydrate 54g	18%
Dietary Fiber 0 g	0%
Sugars 2 g	**
Protein 0 g	0%

*Percent Daily Values are based on a 2000 calorie diet.
**Daily Value (DV) not established.

INGREDIENTS: Maltodextrin.
Does not contain Gluten.
Manufactured in a facility that processes milk, egg, fish, crustacean shellfish, tree nuts, wheat and soybeans.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

WARNING: Consult your physician prior to using this product if you are diabetic, pregnant, nursing, taking medication, under 18 years of age or have a medical condition.

Stay well hydrated throughout the day.

USA

To report a serious adverse event, contact:
Max Muscle Sports Nutrition
210 W. 5th Ave., Orange, CA. 92865
www.maxmuscle.com

MSN