

**Vitargo® S2** is the original super carb, proven in university studies in humans to be up to 2.3x faster than maltodextrin (homopolysaccharide). Vitargo's patented IVg technology delivers faster gut transit, glycemic and insulin responses, muscle glycogen refueling, and performance. No other carb has this span of proof. Vitargo S2 is 100% sugar-free, lab tested gluten-free, and certified undetectable banned substances.

- **Leaves the stomach quicker** 2.3x faster than maltodextrin + sugars - in the first 10 minutes after ingestion.<sup>1</sup> This leads to less stomach "distress" and faster delivery of muscle energy.
- **Gets into muscle faster** 1.7x faster glycogen refueling than maltodextrin + sugars after exhaustive workouts.<sup>2</sup>
- **Boosts performance in your next workout** Up to 23% greater maximal endurance (average of 10% greater) 2 hours after exhaustive, glycogen-depleting exercise, compared to maltodextrin + sugars.<sup>3</sup>
- **Turns off muscle protein breakdown** 1.8x faster/higher insulin response than maltodextrin + sugars, within 10 minutes<sup>3</sup> - the most potent, natural way to activate the anti-catabolic signals that spare muscle protein.

VITARGO-Specific Research — this actual product is university proven in HUMANS

**Proof Before Promises®**

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* 2006; 26:149-54.

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.

**1.7X FASTER**  
MUSCLE GLYCOGEN



**RECOVERY PERFORMANCE (KJ)**

UP TO **23%** GREATER

VITARGO ■ MALTODEXTRIN ■

**CARBS DELIVERED TO INTESTINE**  
GRAMS/10 MIN

**2.3X FASTER**  
GASTRIC EMPTYING

- **2.3X FASTER GASTRIC EMPTYING**
- **2X FASTER GLYCEMIC RISE**
- **1.7X FASTER GLYCOGEN**

UNIVERSITY PROVEN

PRE • INTRA • POST  
**VITARGO® S2™**  
Fastest Muscle Fuel™

20 SCOOPS  
10 SERVINGS

**BLOAT-FREE FUELING**

**SAME DAY RECOVERY™**

**Natural Juicy Orange Flavor**

**SUGAR-FREE DRINK MIX** Not a low calorie product  
Dietary Supplement Net Wt. 1.7 lbs (770g)

ELISA TESTED  
GLUTEN-FREE

PATENTED IVg TECHNOLOGY™



**INSTRUCTIONS**

Vitargo®S2™ is a different engineered carbohydrate - please follow directions closely.

**HOW** In a shaker bottle

- Add 10-12 oz. of water (room temp. is best) to a large shaker bottle.
- Add 2 level scoops of Vitargo® S2 and shake vigorously for 10-15 seconds.
- Add an additional 10-12 oz. of cold water and shake vigorously for 15-20 seconds.

In a blender

- For best results add 2 level scoops into a blender with water while it's blending at low-medium.

**WHEN** PRE- (before) or INTRA- (during) training or competition

- Mix 1 or 2 level scoops of Vitargo S2 as stated above. Feel free to add your favorite pre-workout, amino acid, electrolytes, or other non-carb supplement. Note that Vitargo is a fractionated STARCH and is thicker/more viscous than other powdered drinks.

POST- (after) training or competition, or for glycogen loading

- Drink 2 level scoops as soon as possible after finishing. Ideally, mix with 20-25 grams of a protein source. After longer training/competition (> 1-1.5 hrs) take another 1-2 scoops 30-90 minutes later.

For more detailed info, go to [VitargoS2.com](http://VitargoS2.com) IF YOU DON'T TRAIN YOU'RE NOT READY FOR VITARGO®.

**Supplement Facts**

Serving Size: 2 level scoops  
Servings Per Container: 10

	Amount Per Serving	%DV*
<b>Calories</b>	280	
Calories from Fat	0	
<b>Total Fat</b>	0 g	0%
<b>Sodium</b>	0 mg	0%
<b>Total Carbohydrate</b>	70 g	23%
Sugars	0 g	
<b>Protein</b>	0 g	0%

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

**INGREDIENTS:** Fractionated barley amylopectin (Vitargo®S2) [Source: EU; non-GMO], citric acid, natural flavor, sucralose, natural color (beta-carotene).

GLUTEN-FREE (via ELISA testing each batch)  
Manufactured in the USA at a cGMP facility.



Samples from each batch of Vitargo® S2™ multi-serving tubs are analyzed for substances banned by sport. For more details, see [www.bcof.org](http://www.bcof.org)

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Dana Point, CA 92629



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