

SUGGESTED USAGE: As a dietary supplement, mix 2 level tablespoons of Dextrose Powder in 16 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.

Dextrose (also known as glucose) is a simple sugar (monosaccharide) that is the primary source of energy for the body. Dextrose is approximately 25% less sweet than pure or refined cane sugar, and is not associated with either fructose or lactose. It has a fine texture, mixes easily, and is moderately sweet – these traits make it extremely versatile. In addition, as a monosaccharide, Dextrose is easily absorbed and utilized by the body; it has a high glycemic index (GI) rating which indicates that it enters the bloodstream very quickly and is well-tolerated by most individuals with normal blood sugar responses.

Dextrose stimulates the body to drive, not only glucose, but amino acids and other nutrients, into cells. Dextrose thus makes energy readily available to working muscles and helps to maintain glycogen stores. In addition, Dextrose also helps to make important nutrients, such as creatine and branched-chain aminos, available for use by muscle tissue. From an athletic performance perspective therefore, it can help fuel intense activity, maintain exercise endurance, and support recovery from exercise.* Dextrose can be consumed before, during, and after the most intense training sessions. NOW® Dextrose is derived from non-GMO corn and manufactured under NOW's strict quality standards.

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Dextrose Powder

Pure, Non-GMO

Quick Energy Fuel*

Net Wt. 10 lbs. (4536 g)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 2 Level Tablespoons (20 g)
Servings Per Container about 227

	Amount Per Serving	% Daily Value
Calories	80	
Total Carbohydrate	20 g	7%*
Sugars	20 g	†
Dextrose	20 g	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENT: Pure Dextrose (Non-GMO).

NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

www.nowfoodsproducts.com

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, dark place after opening. Please Recycle.

*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.

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