How your muscles look and feel depends on one thing ➔ Glycogen. Glycogen is the key form of energy storage in your body and is critical to fuel ATP for muscular contraction, blood vessel dilation, increased vascularity and for hydrating muscles, giving you a lean, hard, dense defined look that all athletes aspire to obtain. Carbohydrates are the best way to replenish muscle glycogen, but even intensive training methods and diets have often failed due to the inability to properly absorb & store the rapid high dose of fast sugars that are often consumed. While several products have attempted to induce glycogen replenishment, they have most often been overshadowed with excessive amounts of various carbohydrates forms yielding a problem for the body to properly digest the extra sugar consumed.

Introducing Metabolic Nutrition's GlycoLoad, a scientifically developed carbohydrate supplement which specifically targets glycogen production in the body, giving you the ability to consume carbohydrates without experiencing the negative side effects of carbohydrates. Sugar intake turning to unwanted body fat.

So how does it work? Unlike multi-carbohydrate products which function uncontrollably in the body, **GlycoLoad** is uniquely developed single high-molecular weight, low osmolality carbohydrate was specifically designed to function in only one way, to load glycogen into the muscle. The unique carbohydrate structure found in **GlycoLoad** allows the body to properly digest and absorb the carbohydrates, rather it enters the lower GI track (small intestine) for slow assimilation into the blood stream. This steady absorption optimizes insulin levels, allowing more **GlycoLoad** to enter the blood stream for higher conversion to glycogen. More Glycogen = the body reacts in increased muscle size, endurance and strength, not to mention the improved muscle recovery after long strenuous exercise ! **GlycoLoad** is further strengthened by unique peptide/product glycogen promoting pharmacological amino acids, essential antioxidants, critical electrolytes and insulin mimicking pro-vitamins. The addition of these specific ingredients insure that every gram of carbohydrate in **GlycoLoad** is effectively converted into muscle glycogen!

The best part, **GlycoLoad's** powerful, small-dose format is easier to mix and digest, eliminating gas, cramping and bloating ! making it perfect for the beginner to the advanced user.

GlycoLoad provides everything you need to make the most out of your workouts with several great tasting and easy to mix flavors that will have your taste buds craving it again and again. **GlycoLoad** also comes in an unflavored version, so you can add it to your favorite preworkout or protein supplement. As with all Metabolic Nutrition products, **GlycoLoad** is physician formulated and tested using only the highest quality ingredients which have passed our rigorous high standard tests.

WARNING: Do not use with any prescription or over-the-counter stimulant drug, including phenylephrine, ephedrine, caffeine or synephrine, or consume alcohol while using this product. Consult your doctor before use if you have a pre-existing medical condition. Discontinue use and call a physician or poison control center (call a physician immediately) if any adverse reaction occurs. Not to be taken by children or pregnant or lactating women. Discontinue use if rash, hives, or other allergic reactions occur. Do not exceed recommended daily dosage. Do not use for weight reduction. **KEEP OUT OF REACH OF CHILDREN.**

Allergen Warning: Manufactured in a plant that also processes egg, soy, peanut, tree nut, fish, crustacean, shellfish, and wheat products.

† 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.

Manufactured for & Distributed by:
Metabolic Nutrition®
1 Ram Ridge Road
Ft. Myers, Florida 33908
1-800-826-1520
www.metabolicnutrition.com

GlycoLoad

Muscle Glycogen Loading Supplement

pre/post workout

Metabolic NUTRITION

Blue Raspberry

30 SERVINGS

- Fast Acting Glycogen Replenishment
- Maximizes Muscular Strength & Endurance†
- Lean Muscle Mass Gains
- Improves Performance and Recovery†
- Zero Crash / Zero Sugar / Gluten Free

600 GRAMS
DIETARY SUPPLEMENT

Directions and Use:

Due to the efficiency of **GlycoLoad** to replenish glycogen, it can be used in multiple applications according to the needs of the user. Physically active individuals can use **GlycoLoad** pre/post workout. **GlycoLoad** can also be used as a low calorie complete carb source for those who are on a low calorie diet or simply want a larger amount of protein for protein synthesis.

Note: **GlycoLoad** can be added to any preworkout formula to improve athletic performance and boost lean muscle growth.

For quick paced muscle endurance or cardio training, use 1 heaping scoop of **GlycoLoad** with 10 oz of cold water. Best results are seen when these dosages are taken prior to and after your workout.

For High Intensity & longer duration Functional Fitness or HIIT training, take 2 scoops of **GlycoLoad** with 10oz of cold water. Best results are seen when these dosages are taken prior to and after your workout.

For High Volume strength and muscle building training, take 3 scoops of **GlycoLoad** with 10oz of cold water. Best results are seen when these dosages are taken prior to and after your workout.

SUPPLEMENT FACTS

CHOOSE YOUR STRENGTH

Serving size: Serving per container:	STRONG 1 Scoop (46g) 15	INTENSE 2 Scoop (92g) 7	EXTREME 3 Scoop (92g) 5
Amount Per Serving	**% Daily Value**	**% Daily Value**	**% Daily Value**
Calories	180	360	540
Total Fat	0 g	0 g	0 g
Total Carbohydrates	44 g	88 g	132 g
Total Protein	0 g	0 g	0 g
Sodium	60 mg	120 mg	180 mg
Magnesium	300 mg	600 mg	900 mg
Potassium	300 mg	600 mg	900 mg
Sodium	15 mg	30 mg	45 mg
Phosphorus	15 mg	30 mg	45 mg
Calcium	15 mg	30 mg	45 mg
Vitamin B12	50 mcg	100 mcg	150 mcg
Vitamin B12	125 mcg	250 mcg	375 mcg

Proprietary Blend: Glycogen Loading Complex (Glycogen Promoting Pharmacological Amino Acids, Essential Antioxidants, Critical Electrolytes, Insulin Mimicking Pro-Vitamins) Glycogen Promoting Pharmacological Amino Acids: Glycine, Arginine, Alpha-Ketoglutarate, Glycogen Synthase Kinase Inhibitor, Glycogen Synthase Kinase Inhibitor, Glycogen Synthase Kinase Inhibitor