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, more defined look that all athletes aspire to obtain. Carbohydrates have previously been prescribed by athletes for decades, but even simple carbohydrates, starches, and fibers, tending inefficiently and delay have often failed due to the inability to properly absorb, it spare the rapid high dose of fast sugars that are often consumed. While several products have attempted to induce glycogen replenishment, they have often been overloaded with excessive amounts of various carbohydrates forms, adding a problem for the body, creating the extra sugar to convert to fat.

Introducing Metabolic Nutrition's GlycoLoad, a scientifically developed carbohydrate supplement which specifically targets glycogen production in the body, giving you the ability to "carbohydrate" your muscles, and maximize the negative side effects of carbohydrate loading that have plagued athletes for years.

So how does it work? Unlike multi-carbohydrate powders which function unconditionally 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 muscles. The unique carbohydrate in **GlycoLoad** allows rice glucose polymer dextrin-dextrin to bypass the other carbohydrates, meter 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** in the body leads to increased muscle size, endurance, and strength, not to mention the improved muscle recovery after long strenuous exercise. **GlycoLoad** is further strengthened by unique peptide-bonded glycogen promoting pharmaceutical-amino acids, essential nutritionals, critical electrolytes and insulin mimicking pro-vanadium. The additional these specific ingredients insure that every gram of carbohydrates in **GlycoLoad** is effectively converted and absorbed for maximum muscle replenishment.
The best part, **GlycoLoad's** powerful, smooth-least 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 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 medicine including phenylephrine, ephedrine, caffeine or synephrine or if you have a pre-existing health condition. Discontinue use and call a physician or licensed health care professional if experiencing any adverse reaction. Do not exceed recommended daily dosage. Not to be taken by pregnant or nursing women. Keep out of reach of children. Do not use if seal is broken or if product is not in a manufacturer's sealed container. 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, milk, 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:
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www.metabolicnutrition.com

GlycoLoad

Metabolic Enhancement Technologies

pre/post/anytime workout

Metabolic Nutrition

Green Apple

30 SERVINGS

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

100 GRAMS
DIETARY SUPPLEMENT

Directions and Use:

To load **Glycogen** of **GlycoLoad** to replenish glycogen, it can be dosed in multiple applications according to the needs of the user. Physicians recommend 1 scoop of **GlycoLoad** per day. However, **GlycoLoad** can also be used as a low calorie complete carb drink, mixed with water, juice, or milk, or added to your favorite shake or smoothie for protein and carbohydrates.

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 scoop of **GlycoLoad** with 16 oz 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 16oz 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 16oz 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: 1 scoop per container: 30	STRONG 1 Scoop 30	INTENSE 2 Scoops 15	EXTREME 3 Scoops 10
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Total Calories	120	240	360
Total Fat	0 g	0 g	0 g
Total Carbohydrate	29 g	58 g	87 g
Sugar Protein	0 g	0 g	0 g
Sodium	300 mg	38%	600 mg	76%	900 mg	114%
Magnesium	200 mg	50%	400 mg	100%	600 mg	150%
Potassium	300 mg	8%	600 mg	16%	900 mg	24%
Vitamin C	12 mg	20%	24 mg	40%	36 mg	60%
Vitamin B12	10 mcg	417%	20 mcg	833%	30 mcg	1250%
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Proprietary Blend: Glycogen Loading Complex: Rice Glucose Polymer Dextrin-Dextrin, Pro-Vanadium, Pro-Chromium, Pro-Magnesium, Pro-Potassium, Pro-Calcium, Pro-Zinc, Pro-Selenium, Pro-Manganese, Pro-Copper, Pro-Iron, Pro-Iodine, Pro-Boron, Pro-Molybdenum, Pro-Nickel, Pro-Silicon, Pro-Tin, Pro-Vitamin B12, Pro-Vitamin C, Pro-Vitamin B12, Sodium Citrate, Sodium Bicarbonate, Potassium Citrate, Sodium Phosphate, Potassium Phosphate, Magnesium Citrate, Magnesium Phosphate, Calcium Citrate, Calcium Phosphate, Calcium Bicarbonate, Potassium Bicarbonate, Magnesium Bicarbonate, Sodium Chloride, Potassium Chloride, Sodium Phosphate, Potassium Phosphate, Magnesium Phosphate, Calcium Phosphate, Calcium Bicarbonate, Potassium Bicarbonate, Magnesium Bicarbonate, Sodium Chloride, Potassium Chloride

Other Ingredients: Natural and Artificial Flavor, Sucralose, Acesulfame Potassium, Citric Acid, Fiber, Gum Blend, Gellan, Gum Blend, Gum Arabic, Silica

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.