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. Carbohydrate intake is critical for decades, but lately, many athletes have been training ineffectively and they 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 often been overshadowed with excessive in-vivo of serious carbohydrate forms yielding a problem for the body to absorb properly, 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 "organically" "carbload" your muscles with glycogen without the negative side effects of carbohydrate loading by unwanted body fat.

So how does it work? Unlike multi-carbohydrate blend products which function uncontrollably in the body, **GlycoLoad**'s 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 found in **GlycoLoad** is a proprietary blend of non-digestible, high molecular weight carbohydrates, meaning 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, powerful antioxidants, critical electrolytes and insulin mimicking pro-vitamins. The addition of these specific ingredients insure that every gram of carbohydrate in **GlycoLoad** is efficiently converted and absorbed for maximal glycogen production.*
The best part, **GlycoLoad**'s powerful, smooth-load 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 thermogenic 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 dextromethorphan. Not safe for use by pregnant or nursing women or children or who have a preexisting health condition. Discontinue use and call a physician or dentist immediately if you experience any adverse reaction. Keep out of reach of children. Do not use if seal is broken or not tamper-evident. Do not exceed recommended daily dosage. Consult your physician before using if you have a medical condition or are taking prescription medication. 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.

PRO TESTED
64778 60545

Athlete Approved
Physician Formulated
Dietitian Dose
Made in the USA

Manufactured for & Distributed by:
Metabolic Nutrition®
2400 E. Katella Ave.
Fl. Anne Allentown
1-800-826-1620
www.metabolicnutrition.com

GlycoLoad

Metabolic Nutrition | Intensive Carbohydrate

physician formulated

Unflavored

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:

Due to the efficiency of **GlycoLoad** to replenish glycogen, it can be used in multiple applications according to the needs of the user. Please refer to the following for suggested use. Depending on the athlete's metabolism, **GlycoLoad** can also be used as a low calorie complete carbohydrate meal replacement, or as a low calorie complete carbohydrate snack or meal replacement for the athlete in training.

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

For quick paced muscle endurance or cardio training, use 1 level scoop of **GlycoLoad** with 10oz 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: 1 Scoop (30g)	STRONG 1 Scoop (30g)	INTENSE 2 Scoop (60g)	EXTREME 3 Scoop (90g)
Amount Per Serving	1 Scoop	2 Scoops	3 Scoops
Calories	100	200	300
Total Fat	0 g	0 g	0 g
Total Carbohydrate	25 g	50 g	75 g
Total Protein	0 g	0 g	0 g
Sodium	0 mg	0 mg	0 mg
Magnesium	300 mg	600 mg	900 mg
Potassium	300 mg	600 mg	900 mg
Sodium	15 mg	30 mg	45 mg
Calcium	15 mg	30 mg	45 mg
Phosphorus	15 mg	30 mg	45 mg
Vitamin B12	25 mcg	50 mcg	75 mcg

Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Total Carbohydrate	1%	2%	3%
Total Protein	0 %	0 %	0 %
Sodium	1%	2%	3%
Magnesium	75%	150%	225%
Potassium	6%	12%	18%
Sodium	1%	2%	3%
Calcium	2%	4%	6%
Phosphorus	2%	4%	6%
Vitamin B12	417%	834%	1251%

Proprietary Blend: Glycogen promoting pharmaceutical amino acids (L-Arginine HCl, L-Ornithine HCl, L-Lysine HCl, L-Glutamine, L-Glutamic Acid, L-Tyrosine, L-Cysteine HCl, L-Methionine, L-Histidine HCl, L-Isoleucine, L-Leucine, L-Phenylalanine, L-Proline, L-Threonine, L-Tryptophan, L-Valine), Glycogen promoting pharmaceutical amino acid derivatives (Beta-Alanyl-L-Histidine, Beta-Alanyl-L-Valine, Carnosine, Anserine, Beta-Alanyl-L-Lysine, Beta-Alanyl-L-Arginine), Antioxidants (Quercetin, Rutin, Resveratrol, Ellagic Acid, Beta-Carotene, Lycopene, Lutein, Zeaxanthin), Vitamin B6 (Pyridoxine HCl), Vitamin B12 (Methylcobalamin).

Other ingredients: Citric Acid, 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.