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. Carb-Loading has been practiced by athletes for decades, but even complex 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 too have often been overdosed with excessive amounts of various carbohydrate forms, posing a problem for the body to utilize properly, causing 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 properly "carb-load" your muscles with glycogen without the negative side effects of carbohydrate/sugar intake turning to unwanted body fat.†

So how does it work? Unlike multi-carbohydrate powders 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 structure found in **GlycoLoad**, does not process through stomach-digestion like regular 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 in the muscles.† More Glycogen in the body leads to 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-bonded glycogen promoting pharmaceutical amino acids, powerful antioxidants, critical electrolytes and insulin mimicking pre-cursers. The addition of these specific ingredients insure that every gram of carbohydrate in **GlycoLoad** is effectively converted and absorbed for rapid glycogen replenishment.† 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 pre-workout 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 take with any prescription or over the counter medicine unless first consulting a physician. Not to be used by pregnant or nursing women or person(s) who have a pre-existing health condition. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience any negative side effects. This product is intended for use by healthy individuals only. The consumer assumes total liability of this product if used in a manner inconsistent with label guidelines. 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, crustaceans/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.

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GlycoLoad

Muscle Glycogen Loading Carbohydrate†

physician formulated

Metabolic NUTRITION

Watermelon

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

30 SERVINGS

RAPID GLYCOGEN LOADING

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. Please assess your needs and follow the directions below. **GlycoLoad** can also be used as a low calorie complex carb source for high protein diets. Add a scoop to your Protein shake or consume with other protein sources.

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 scoop of **GlycoLoad** with 6oz 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 12oz 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 18oz of cold water. Best results are seen when these dosages are taken prior to and after your workout.

SUPPLEMENT FACTS

CHOOSE YOUR STRENGTH	STRONG		INTENSE		EXTREME	
Serving size:	1 Scoop (20g)		2 Scoops (40g)		3 Scoops (60g)	
Servings per container:	30		15		10	
Amount Per Serving		% Daily Value		% Daily Value		% Daily Value
Calories	60		120		180	
Total Fat	0 g		0 g		0 g	
Total Carbohydrate	15 g	5%	30 g	10%	45 g	15%
Total Protein	0 g		0 g		0 g	
Calcium	300 mg	30%	600 mg	60%	900 mg	90%
Magnesium	300 mg	75%	600 mg	150%	900 mg	225%
Potassium	300 mg	9%	600 mg	17%	900 mg	26%
Sodium	10 mg	<1%	20 mg	<1%	30 mg	1%
Vitamin B3	10 mg	50%	20 mg	100%	30 mg	150%
Vitamin B6	1 mg	50%	2 mg	100%	3 mg	150%
Vitamin B12	175 mcg	2917%	350 mcg	5833%	525 mcg	8750%

GlycoLoad Muscle Glycogen Loading Carbohydrate Matrix (consisting of) 18,370 mg: High molecular weight - very low osmolality Micro-Crystalline Cluster Dextrin, Glycerol, L-Alanine, L-Glutamine, L-Glycine, L-Leucine, TRI-PEP (Glycyl-Alanyl-L-Leucine, Glycyl-Alanyl-L-Isoleucine, Glycyl-Alanyl-L-Valine), Calcium Glycerol Gluconate, Potassium Glycerol Gluconate, Magnesium Glycerol Gluconate, Sodium, Vitamin B3 (Niacin), Alpha Lipoic Acid, Vanadyl (Sulfate/BMOV), Vitamin B6 (Pyridoxine Hcl), Vitamin B12 (Cyanocobalamine), Chromium Polynicotinate

Other Ingredients: Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, Citric Acid, FD&C Red #40, Red #40 Alum Lake, 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.

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