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, shore defined look that attracts people to you. Carbohydrate intake affects glycogen levels, but does not directly increase muscle mass. Intense training methods and deep have often failed due to the inability to properly absorb & store the right high dose of fast sugars that are often consumed. While several products have attempted to induce glycogen replenishment, they have not been been overshadowed with excessive in-vitro of serum carbohydrates forms, causing a problem for the body to utilize 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 "carbo load" your muscles with glycogen and the negative side effects of other carbohydrate forms trying to overshadow GlycoLoad.

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** is not processed, digested or absorbed like other 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** in the body leads to an 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 zinc-carnitine. The addition of these specific ingredients insure that every gram of carbohydrate in **GlycoLoad** is effectively converted into usable glycogen!

The best part, **GlycoLoad's** powerful, smooth-load formula 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 dextroamphetamine, fenfluramine, phentermine, ephedrine, or pseudoephedrine, or if you are pregnant or nursing, or have a preexisting health condition. Discontinue use and call a physician or licensed qualified health care professional if experiencing any adverse reactions. Consult a licensed qualified health care professional before using this product if you are a minor or have a preexisting health condition. Do not use more than one product containing ephedrine, caffeine, or other stimulants. Do not use longer than **STOP OF 10 DAYS**.

Allergen Warning: Manufactured in a plant that also processes egg, soy, peanut, tree nut, 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.

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Metabolic Nutrition
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GlycoLoad

Metabolic Nutrition's Scientifically Formulated Glycogen Promoter

Grape

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

30 SERVINGS

60G GRAMS
DIETARY SUPPLEMENT

Metabolic Nutrition

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 experiment with your body to determine the proper dosing. Generally, the **GlycoLoad** can also be used as a low calorie complete carb source, or as a mixer for your favorite pre or post workout drink, shake or smoothie for protein sources.

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, add 1 level 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 level scoop per container:	STRONG 1 Scoop (16g) 1/8	INTENSE 2 Scoops (32g) 1/4	EXTREME 3 Scoops (48g) 1/6
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Total Carbs	12 g	24 g	36 g
Total Fat	0 g	0 g	0 g
Total Protein	0 g	1%	4%
Total Protein	0 g	0 g	0 g
Calories	50 Kcal	100 Kcal	150 Kcal
Magnesium	303 mg	12%	606 mg	24%	909 mg	36%
Potassium	300 mg	8%	600 mg	17%	900 mg	25%
Sodium	12 mg	1%	24 mg	1%	36 mg	1%
Vitamin B6	10 mg	50%	20 mg	100%	30 mg	150%
Vitamin B12	10 mcg	167%	20 mcg	333%	30 mcg	500%
Vitamin B12	10 mcg	167%	20 mcg	333%	30 mcg	500%

Proprietary Blend Glycogen Load: Glycogen Load, Glycogen Load Peptide Bonded Amino Acids, Glycogen Load Peptide Bonded Amino Acids, Glycogen Load Peptide Bonded Amino Acids