

LEMON LIME

HOW TO USE KARBOLYN® HYDRATE

SUGGESTED USE FOR INDIVIDUALS

As a dietary supplement, mix 1 scoop in a shaker cup or water bottle with 20 ounces of water and drink 15 minutes before exercise.

SUGGESTED USE FOR TEAMS

Mix one bottle (4 lb 1.5 oz) into 10 gallons of cold water and stir.

USAGE GUIDELINES FOR INTENSE TRAINING OR ATHLETIC EVENTS

BEFORE TRAINING - Drink 1 serving 15 minutes before exercise.

DURING TRAINING - Sip on 1 serving during exercise.

AFTER TRAINING - Drink 1 serving after exercise.

DEMAND MORE FROM YOUR SPORTS DRINK!

Elite athletes know they must push harder and harder to achieve the highest levels of performance. When it comes to Sports Drinks, they need the one that’s Formulated To Win!® — Karbolyn® Hydrate. Our researchers have developed what they believe is the perfect formula to help athletes rehydrate, fight fatigue, and quickly restore critical electrolytes.*

Athletes need real fuel, not sugar, for sustained energy and endurance. Karbolyn® Hydrate is sugar-free, yet it can power you through the most grueling workout, competition, or anything that requires extended energy at peak levels.*

Maximum performance requires maintaining a proper balance of key electrolytes, such as sodium and potassium. Unfortunately, other drinks include too much sodium which can disrupt vital potassium levels. But not Karbolyn® Hydrate! It contains a precise ratio of the 4 electrolytes (Sodium, Potassium, Magnesium, and Phosphate) critical to sports performance and recovery. So grab a cup or shaker and find out why Karbolyn® Hydrate is Formulated To Win!®*

WHAT IS KARBOLYN®?

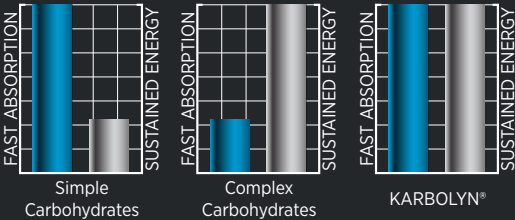
Karbolyn® is derived from potato, rice and corn. This fast-acting, long-lasting, high-performance compound offers the best of both simple and complex carbohydrates.

Karbolyn® is absorbed into the bloodstream like a simple sugar but still provides sustained energy without “crashing”.*



Keep out of the reach of children. Protect from heat, light and moisture. Store at 59-86°F (15-30°C)

*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.



PERFORMANCE CARB WITH ELECTROLYTES*
KARBOLYN
HYDRATE
DIETARY SUPPLEMENT



ENERGY*



ELECTROLYTES*



RECOVERY*

LEMON LIME

NET WT 65.5 OZ (4 LB 1.5 OZ) 1856g

Supplement Facts

Serving Size 29 g (One Scoop)

Servings Per Container 64

	Amount Per Serving	% Daily Value
Calories	110	
Calories from fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium (as sodium phosphate)	15 mg	1%
Total Carbohydrates	27 g	9%**
Dietary Fiber	0 g	0%
Sugars	0 g	†
Protein	0 g	0%
Phosphorus (as potassium phosphate, magnesium phosphate, sodium phosphate)	47 mg	5%
Magnesium (as magnesium phosphate)	13 mg	3%
Potassium (as potassium phosphate)	44 mg	1%
Karbolyn® (homopolysaccharide derived from potato, rice and corn)	25 g	†

**Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: Citric Acid, Natural & Artificial Lemon Lime Flavors, and Sucralose.



Karbolyn® is a patent-pending product and is a registered trademark of All American Pharmaceutical.



Manufactured for and distributed by:
EFX Sports®
San Jose, CA 95124

Questions about this product?
Please call us at (888) 238-1864

EFXSPORTS.COM

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