

AST
SPORTS SCIENCE

DGC™

HYDRATION • ENERGY • ENDURANCE
FAST ACTING CARBOHYDRATE FORMULA
Dietary Supplement • Net Wt: 1029 grams (2.26 lbs)

46g

Carbohydrates
Per Serving

Energy

For Ultra-Intense
Workouts†

Hydration

Electrolytes for
Optimum Hydration†

DGC - DEXTROROTATORY GLUCOSE CRYSTALS

DGC™ is a breakthrough high-performance supplement that delivers you a precision carbohydrate, electrolyte, vitamin and mineral matrix that ensures a higher and faster rate of carbohydrate transport and energy utilization during exercise. By incorporating three separate carbohydrate transport mechanisms (SGLT1 transporter, GLUT-5 transporter, and the monosaccharide transport system), **DGC™** delivers more energy to your working muscles^{1,2,3,4} to fuel ultra-intense workouts, provide rapid whole body and muscle cell hydration⁵ and support key anabolic activities for maximum muscular performance. And new **DGC™** delivers this energy to your muscles faster than conventional carb sources while preserving and restoring ever critical muscle glycogen levels!⁶ **DGC™** is an innovative performance supplement that will add a new dimension to your training to fuel muscle growth, strength and endurance. †

References: 1. Physiol. Rev. 77:257-302, 1997, 2. J. Biol. Chem. 267:14523-14526, 1992 3. J. Physiol. 267:237-248, 1977, 4. J. Appl. Physiol. 96:1285-1291, 2004 5. Med. Sci. Sports 27:1607-1615, 1995 6. Med Sci Sports Exerc 36, 2004.

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Made In USA REV# DGC216

Supplement Facts

Serving Size: **49 g (1 Scoop)** Servings Per Container: 21

Each Serving of DGC Contains:	**%DV	
Calories	180	
Calories from fat	0 g	
Total fat	0 g	0%
Saturated fat	0 g	0%
Trans fat	0 g	*
Cholesterol	0 mg	0%
Total carbohydrates	46 g	15%
Dietary fiber	0 g	0%
Sugars	46 g	*
Protein	0 g	0%
Vitamin C (as ascorbic acid)	60 mg	100%
Thiamin (as thiamin mononitrate)	1 mg	67%
Riboflavin	1 mg	59%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	50%
Vitamin B12 (as cyanocobalamin)	1 mcg	17%
Biotin	10 mcg	3%
Pantothenic acid (as d-calcium pantothenate)	3 mg	30%
Calcium (as calcium carbonate)	100 mg	10%
Phosphorus (as monosodium & monopotassium phosphate)	65 mg	7%
Magnesium (as magnesium oxide)	150 mg	38%
Sodium (as sodium chloride & monosodium phosphate)	70 mg	3%
Potassium (as monopotassium phosphate)	45 mg	1%

* Daily Value not established. ** Percent Daily Values (%DV) are based on a 2000 calorie diet.

Ingredients: Dextrorotatory Glucose Crystals, Fructose, Sucrose, Calcium carbonate, Magnesium oxide, Monopotassium phosphate, Monosodium phosphate, Sodium chloride, Ascorbic acid, Niacinamide, d-Calcium pantothenate, Thiamin mononitrate, Pyridoxine hydrochloride, Riboflavin, Biotin, Cyanocobalamin.

Recommended Use: Take 1 scoop mixed in 8 to 16 ounces of your favorite cold liquid. For best results take DGC™ before, during, and after training or athletic event. DGC™ can be added to VP2® Whey Isolate to create a high energy protein source to produce even greater protein synthesis. DGC™ is slightly sweet but tasteless so it can be easily mixed in water, juices or even sports drinks for a rapid and efficient energizing effect allowing you to train and compete harder and maintain peak performance levels for longer periods of time. †

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

