



PURE MALTODEXTRIN

RAPID ENERGY SUPPORT

The next level in intra-workout nutrition and carb-sourcing for mid training energy, Maltodextrin stands as one of the top forms of intra-workout carbs due to its energy-releasing speed and availability.

Because Maltodextrin is a fast-digesting carbohydrate, it's often included in shakes by many pro bodybuilders as means of preventing muscle catabolism during workout while simultaneously keeping their strenuous sessions going.

Since Maltodextrin doesn't use as much water to digest as some carbohydrates, it's a good way to get quick calories without becoming dehydrated. Research has even shown that Maltodextrin can help an athlete maintain their anaerobic power for the duration of their training sessions almost immediately after consumption mid-workout.



Active Ingredient Content

Serving Size: 1 and a Half Scoops (30 g)
Servings Per Container: 33

	Per 30 g Serving	Per 100 g Serving	%NRV*
Energy	485 kJ	1 617 kJ	†
Protein	0 g	0 g	0%
Glycaemic Carbohydrates	29 g	96,2 g	†
of Which Total Sugar	1,1 g	3,56 g	†
Total Fat	0 g	0 g	†
of Which Saturated Fat	0 g	0 g	†
Dietary Fibre#	0 g	0 g	†
Sodium	1,5 mg	5 mg	†
Maltodextrin	30 000 mg	100 000 mg	†

*NRV Per Serving - Nutrient Reference Values for individuals older than 4 years.
† - NRV not established. #Dietary fibre obtained using AOAC 985.29

Ingredients: Maltodextrin.

Allergen Information: Contains no common allergens, but is produced in a facility that processes Whey, Casein and Egg.

CORE SERIES



Disclaimer: Seek advice from a health care professional before use if you have any pre-existing medical condition. Do not use if you are pregnant or nursing, or if you are being treated for heart disease or high blood pressure. Should not be used in conjunction with any prescription medication, including MAO inhibitors, stimulants or anti-depressants. Discontinue use and consult your doctor if any adverse reactions occur. KEEP OUT OF REACH OF CHILDREN.

AVAILABLE SIZES:

1kg

AVAILABLE FLAVOURS:

Unflavoured