



# EXTREME CARBS

**Energy & Glycogen Recovery Formula**

- **Multi-Phase Glycogen Replenishment**
- **High & Low GI Carbs**
- **Promilin™ Enhanced**
- **Gluten Free**

## Proprietary Carb Blend for Extreme Recovery & Energy.

Enhance post-workout glycogen synthesis and improve anabolic recovery with a convenient source of energy rich fast and slow release carbohydrates.

**Energy & Glycogen Recovery Formula:** Specifically developed to enhance post-workout glycogen synthesis, improve anabolic recovery and provide a convenient source of energy rich carbohydrates.

**Glycogen reserves:** Become depleted during physical activities, like weight training or sport, stimulating the body to store glycogen. Glycogen synthesis occurs for 4-6 hours after exercise, with the most rapid rate occurring in the first 2 hours. At this time insulin sensitivity is at its peak so there is an enhanced ability to absorb sugars needed to replenish vital energy reserves.

**Maximize your recovery:** EXTREME CARBS provides rapid, moderate and slowly absorbed carbohydrates and a powerful insulin potentiator to help promote glycogen synthesis and maximise insulin sensitivity.

**EXTREME CARBS:** Provides high Glycemic Index (G.I) glucose to initiate muscle glycogen replacement and take advantage of the body's natural recovery systems. The glycogen recovery formulation is supported with fructose, which preferentially restores liver glycogen. The combination of glucose and fructose has the ability to further increase insulin levels, enhancing the body's anabolic state.

**Medium Length Glucose Polymers:** Continue to supply a steady stream of glucose to depleted muscles while easily digested, low-allergy rice starch breaks down more slowly, providing glycogen replenishing carbohydrates for the entire peak glycogen synthesis phase.

**EXTREME CARBS:** Is far more advanced than standard glycogen replenishment drinks and basic glucose polymer products to ensure that high levels of energy replenishing carbs get into your depleted muscles where they are needed.

**EXTREME CARBS contains Promilin™:** This revolutionary ingredient has been shown to promote glucose-induced insulin release and may assist with the transport of glucose to skeletal muscle, where it can be used for energy, recovery and muscle growth, rather than be stored as bodyfat.

**Promilin™:** Derived from fenugreek seeds, research shows the unique bioactive compound in Promilin™ (4-hydroxyisoleucine) encourages the body to use insulin more efficiently, improves insulin sensitivity, promotes lean muscle mass and aids anabolic recovery.

### NUTRITION INFORMATION

Servings per container: 22.5 (1.8kg) 56 (4.55kg) Serving size: 80g	Per 80g serve*	Per 100g
Energy	1307 kJ 313 Cal	1633 kJ 391 Cal
Protein	0.11 g	0.13 g
Fat - Total	0.07 g	0.08 g
- Saturated	0.04 g	0.05 g
Carbohydrates - Total	76.1 g	95.1 g
- Sugars	16.8 g	21.0 g
Dietary Fibre	0 g	0 g
Sodium	50 mg	65 mg
Potassium	15 mg	20 mg
Promilin™ (Fenugreek Seed Extract)	300 mg	375 mg

Flavours: **Natural**

Available In: **1.8kg & 4.55kg Pails**