Carbo Max is a 100% pure source of high quality complex carbohydrates, Maltodextrin, derived from natural grain sources. Maltodextrin are polymers of dextrose (sometimes called “glucose polymers”). Maltodextrin is an easily digested short chain of 3 – 20 glucose units in length and a convenient source of energy to fuel your body.†

Carbo Max is ideal for sustaining high levels of energy during intense or strength training, bodybuilding contests, or any endurance activity as it improves performance when consumed during long periods of exercise. Also it can be used as an effective way to gain weight in the form of lean muscle rather than fat. Carbo Max is pure maltodextrin and when combined with protein, it provides a very slow burning source of energy. All types of athletes use maltodextrin as a primary source of complex carbohydrate for sustained energy. Scientific research validates that by “carbo-loading” – ingesting significantly more carbohydrates than usual – it’s possible to force the muscle to retain more glycogen, making your muscles bigger, stronger and more capable of sustained and intense activity.†

Glycogen may be the most important fuel source for energy during exercise. There is direct correlation between the glycogen stored in muscles and liver and the ingestion of carbohydrates. The enzyme responsible for the synthesis of glycogen is glycogen synthase. The American College of Sports Medicine (ACSM) recommends that carbohydrate be ingested at a rate of 30 to 60 grams per hour during exercise to maintain optimal oxidation of carbohydrates as fuel and delay fatigue. Each serving of Carbo Max delivers 57 grams of rapidly assimilated maltodextrin per serving providing the ideal amount of carbohydrate to maximize glycogen synthesis.†

Hard to Gain Weight? Try this. For a delicious and nutritious high calorie drink, mix Carbo Max with one or more of these - fruit, yogurt, milk, eggs, or juice. (It's possible to ingest over 1,000 calories per drink when you combine additional food sources as mentioned.) Try 3-4 times a day, you should see results very quickly. Add to Other Products - Mix Carbo Max with other MMSN protein powders to increase the total caloric value without adding sugar or fat.

**CARBOHYDRATE LOADING PLANS**

<table>
<thead>
<tr>
<th>Plan #1: Gradual weight-gain, increased strength and endurance.</th>
<th>Plan #2: Rapid weight-gain, increased strength and endurance.</th>
<th>Plan #3: When weight-gain seems impossible!</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving (3 scoops) Carbo Max (up to 4 times daily).</td>
<td>2 serving (6 scoops) Carbo Max (up to 3 times daily).</td>
<td>3 servings (9 scoops) Carbo Max (up to 3 times daily).</td>
</tr>
<tr>
<td>16 oz Juice or Milk (about 1770 Calories)</td>
<td>16 oz Juice or Milk (about 2210 Calories)</td>
<td>16 oz Juice or Milk (about 2870 Calories)</td>
</tr>
</tbody>
</table>

**KEY FEATURES**

- 100% pure source of complex carbohydrates (maltodextrin) derived from the finest grains.
- Instantized for easy mixing & rapid absorption.
- Maximizes glycogen synthesis & delays fatigue.†
- Unflavored & tasteless, great to combine with juice, water, milk or your favorite MMSN protein powder.

**KEY MESSAGES**

- Gain lean muscle mass, complex carbohydrates are protein-sparing and do not convert into fat easily.†
- Complex carbohydrates help promote and release insulin (hormone produced by the pancreas) to regulate blood-glucose levels.†
- Insulin is the body’s natural anabolic – it carries the glucose, amino acids from proteins, creatine, glutamine and other nutrients into the muscle, reducing fat storage and creating a muscle building state. Increasing leaner, bigger and harder muscles.†
- Carbohydrates are stored as glycogen in the muscle and liver. Glycogen is broken-down to glucose and converted to ATP, a source of usable sustained energy.†
- Ideal for sustaining high levels of energy and long lasting fuel your body needs to train hard.†
- Optimize weight gain by consuming Carbo Max with other MMSN proteins during every meal.†
- Does not contain gluten. Safe for patients with Celiac Disease.

† 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.
**Supplement Facts**

**Serving Size:** Three (3) Scoops (57 g)  
**Servings Per Container:** 47 (Approx.)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>220</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
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<tr>
<td>Trans Fat</td>
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<td>Cholesterol</td>
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<td>Sodium</td>
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<tr>
<td>Potassium</td>
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<tr>
<td>Total Carbohydrate</td>
<td>57 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>6 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0 g</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.  
**Daily Value (DV) not established.

**Directions:** As a dietary supplement, mix three (3) scoops with 16 to 20 ounces of water or add to your favorite drink or protein shake. Stir briskly, shake or blend in a closed container for 15 seconds or until mixed. Add ice, sweetener, or increase water content to customize taste preference. For Pre-workout: consume one serving 15 to 30 minutes prior to exercise. For Post-workout: consume one serving immediately to 30 minutes after workout.

**INGREDIENTS:** Maltodextrin.

Manufactured in a facility that processes milk, egg, fish, crustacean shellfish, tree nuts, wheat and soybeans.  
Does not contain Gluten.

**WARNING:** Consult your physician prior to using this product if you are diabetic, pregnant, nursing, taking medication, under 18 years of age or have a medical condition.  
Stay well hydrated throughout the day.

**KEEP OUT OF REACH OF CHILDREN.**

**STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.**

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**Target Market**

**Primary:** Hard gainers looking for a pure source of complex-carbohydrate in a convenient, easy to use supplement.

**Secondary:** Endurance athletes needing to sustain high levels of energy during intense training sessions, bodybuilding contests, or any endurance activity requiring long term energy.

**Recommended Stack**

- MAXPRO
- High 5
- Triple Whey Protein
- ISOX

**Key References**


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