



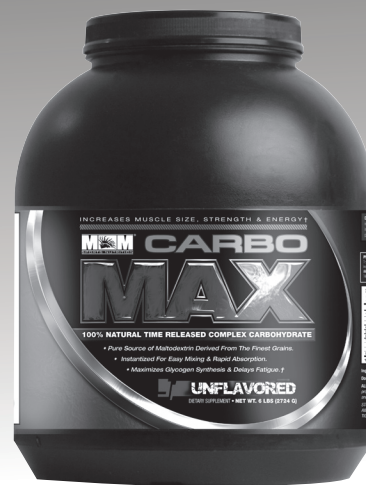
## Product Data Sheet



# CARBO

# MAX

**100% NATURAL TIME RELEASED COMPLEX CARBOHYDRATE**



**Size: 6 lbs (2724 g)**  
**Serving Size: 3 Scoops (approx 57 g)**  
**Servings Per Container: 47**

**Carbo Max** is a 100% pure source of complex carbohydrates (maltodextrin) derived from natural grain sources. Maltodextrins 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 intermediate energy.

**Carbo Max** is ideal for sustaining high levels of energy during intense training sessions, bodybuilding contests, or any endurance activity requiring long-term energy or can be used as an effective way to gain weight. Complex carbohydrates are easy to assimilate and digest and are therefore the active ingredient in most weight gain powders. By ingesting only pure complex carbohydrates, you ensure that weight gain is a higher percentage of lean muscle weight by avoiding unnecessary artificial colors, flavors, sugars and fats. **Carbo Max** is a 100% pure source of complex carbohydrates for sustaining high levels of energy or gaining lean muscle weight. **Carbo Max** is pure Maltodextrin, and when combined with protein, is a very slow burning source of energy. All kinds of athletes can and do use sources of complex carbs for 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 called 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** provides 57 grams of rapidly assimilated maltodextrin providing the ideal amount of carbohydrate to maximize glycogen synthesis.

### CARBOHYDRATE LOADING PLANS

**Plan #1:** 1 serving (3 scoops) Carbo Max (or 1 serving - 4 times daily) For gradual weight-gain, increased strength and endurance.  
*Mix in:* 16. oz Water (Calories: 880)  
16 oz Juice or Milk (Calories: 1770)

**Plan #2:** 1 serving (3 scoops) Carbo Max (or 2 servings - 4 times daily) For rapid weight-gain, increased strength, and endurance.  
*Mix in:* 16. oz Water (Calories: 1320)  
16 oz Juice or Milk (Calories: 2210)

**Plan #3:** 1 serving (3 scoops) Carbo Max (or 3 servings - 6 times daily) When weight-gain seems impossible!  
*Mix in:* 16. oz Water (Calories: 1980)  
16 oz Juice or Milk (Calories: 2870)

### KEY FEATURES

- 100% pure source of complex carbohydrates. †
- Instantized for easy mixing. †
- Rapid absorption. †
- Carbo Max is tasteless and can be mixed with juice, water or milk or your favorite MMSN protein powder. †
- Pure maltodextrin derived from the purest grain sources available. †

### KEY MESSAGES

- Ideal for gaining lean muscle because complex carbohydrates are protein sparing and do not convert into fat easily. †
- When carbohydrates are ingested, insulin (hormone produced by the pancreas) is released to regulate blood-glucose levels. †
- When insulin is released, it carries the glucose, amino acids from proteins, creatine, glutamine and other nutrients into the muscle. This all translates into leaner, bigger and harder muscles. †
- Those who want to gain weight need to ingest complex carbohydrates along with protein during every meal. †
- Carbohydrates fuel and energize the muscle. †
- Carbohydrates are stored as glycogen in the muscle and liver. †
- Sustained energy release. †
- Glycogen is broken down to glucose and then to ATP for useable energy. †
- Does not contain gluten. Safe for patients with Celiac Disease.

(cont'd on p.2)

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**Serving Size:** 3 Scoops (approx 57 g)  
**Servings Per Container:** 47

### Supplement Facts

Serving Size: 3 Scoops (approx 57 g) Servings Per Container: 47  
 Calories per Serving: 220 Calories from Fat: 0

	Amount Per Serving	% Daily Value
<b>Total Fat</b>	<b>0 gm</b>	<b>0%</b>
Saturated Fat	0 gm	0%
Trans Fat	0 gm	0%
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>0 mg</b>	<b>0%</b>
<b>Potassium</b>	<b>0 mg</b>	<b>0%</b>
<b>Total Carbohydrates</b>	<b>57 gm</b>	<b>20%</b>
Dietary Fiber	0 gm	0%
Sugars (Dextrose)	6 gm	**
<b>Protein</b>	<b>0 g</b>	<b>0%</b>

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

**Ingredients:** Maltodextrin (a pure source of complex carbohydrates from the highest quality grain sources available).

**Does not contain Gluten.**

**Directions:** As a dietary supplement mix three (3) scoops (approximately 57 gm) with 16 to 20 ounces of pure cold water. 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.

**ALLERGY INFORMATION:** Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

STORE IN A COOL, DRY PLACE IN THE ORIGINAL CONTAINER AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

### 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
- IsoExtreme
- Max Zyme

(cont'd from p.1)

**Hard to Gain Weight?** – 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 this 3-4 times a day, you should see results very quickly.

**Normal Directions** - Mix 1 serving (3 scoops) of **Carbo Max** with 12 ounces of water, juice or milk. Drink 30 minutes before energy is required.

**Intense Energy** – Mix 1 serving (3 scoops) of **Carbo Max** with 10-to 12 ounces of coffee or ginseng tea. Drink 15 to 20 minutes before high energy demands are required.

**Add to Other Products or Formulas** - Mix **Carbo Max** with other MMSN protein powders to increase the total caloric value without adding sugar or fat.

### Key References

1. Sawka MN, Burke LM, Eichner ER, et al. American College of Sports Medicine Position Stand: Exercise and Fluid Replacement. *Med Sci Sports Exerc* 2007;39(2):377-90.
2. Conlee S. Muscle glycogen and exercise endurance - a twenty year perspective. *Exercise and Sports Science Reviews* 1987;15:1-28.
3. Ivy J. Glycogen resynthesis after exercise: effect of carbohydrate intake. *Int J Sports Med* 1998;19 (2): S142-5.
4. Piehl AK, Soderlund K, Hultman E. Muscle glycogen resynthesis rate in humans after supplementation of drinks containing carbohydrates with low and high molecular masses. *Eur J Appl Physiol* 2000;81:346-51.
5. McArdle WD, Katch FI and Katch VL. *Exercise physiology: Energy, nutrition, and human performance*. 4th ed. Williams & Wilkins, Baltimore MD, 1996.
6. Fulco CS, Kambis KW, Friedlander AL, et al. Carbohydrate supplementation improves time-trial cycle performance during energy deficit at 4,300-m altitude. *J Appl Physiol* 2005;99(3):867-76.
7. Coyle EF and Montain SJ. Benefits of fluid replacement with carbohydrate during exercise. *Med Sci Sports Exerc* 1992;24:S324.

To report a serious adverse event, contact:

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† *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.*