

Maltodextrin Gold

DIETARY SUPPLEMENT



Maltodextrin Gold is a fast-absorbing source of carbohydrates that can be taken before, during and after exercise. Use it to mix your own carboloader, sports drink or recovery drink.

What is Maltodextrin?

Maltodextrin consists of complex carbohydrates that are digested and absorbed into the body quickly. It is obtained from sources of vegetable starch, with enzymes helping break down long carbohydrate chains into shorter chains. As a result, maltodextrin quickly dissolves in water, and can be absorbed into the body very efficiently.

USP's

- Fast-absorbing carbohydrate source
- 100% pure maltodextrin
- Each serving contains 40 g carbohydrates
- Neutral taste
- Mix your own carboloader, sports drink or recovery drink

The benefits of maltodextrin

Replenish your energy

Maltodextrin is perfect if you need to quickly replenish your energy. The carbohydrates are absorbed into your body fast. As a result, they are immediately available for your muscles to draw energy from.

Carbohydrates for muscle recovery

The consumption of 4 g carbohydrates for each kg of body weight within 4-6 hours after exercise helps your muscles recover from the effort. Maltodextrin is an interesting supplement for all athletes engaging in activities that exhaust their glycogen stores.

How to use maltodextrin

Maltodextrin can be used as a source of energy before, during or after exercise in several ways:

- **Carboloader:** Take maltodextrin to load carbohydrates before a match, competition or race. In the 1 or 2 days preceding the event, take 2 or 3 servings spread across the day to get some extra carbs.

- **Sports drink:** Mix your own sports drink by dissolving one measuring scoop of maltodextrin in 750 ml water. Add some syrup for added flavour if you wish.
- **Recovery drink:** Mix maltodextrin with proteins to create an effective post-exercise recovery drink.

NZVT-certified

Maltodextrin Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and is therefore allowed to carry the NZVT logo. In other words, Maltodextrin Gold is safe for use by elite athletes, who can focus on delivering high-quality athletic performance, safe in the knowledge that they are not breaking any rules.

How to use this product

Dissolve one level measuring scoop (42 g) of Maltodextrin Gold in water or another drink. Perfect for consumption before, during or after exercise.

- **When used as a carb loader:** On the day before your match, competition or race, take 2 to 3 servings of Maltodextrin Gold, spread across the day. On the day of the event, take 1 or 2 servings of Maltodextrin Gold 2 to 3 hours before your match, competition or race.
- **When used as a sports drink:** Dissolve one measuring scoop of Maltodextrin Gold in 750 ml water. Add some syrup for added flavour if you wish.
- **When used as a recovery drink:** Mix one measuring scoop of Maltodextrin Gold into a protein shake to increase the shake's carbohydrate content.

Content per package

1000 g / 23 servings

Storage

Keep in a dry, cool place, away from direct sunlight and out of reach of young children.



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ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS



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Nutrition facts		
	per 100 gram	per 42 gram
Energy		
– Kilojoule (kJ)	1615 kJ	678 kJ
– Kilocalories (kcal)	380 kcal	160 kcal
Total fat	0 g	0 g
– of which saturated fat	0 g	0 g
Carbohydrates	95 g	40 g
– of which sugars	9 g	3,8 g
Protein	0 g	0 g
Sodium	0 g	0 g

Ingrediēnts	
Maltodextrin.	



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