

# EXTREME CARBS



## MAXIMISE POST WORKOUT INSULIN

Provides rapid, moderate and slowly absorbed carbohydrates and a powerful insulin potentiator (Promilin®) to help promote glycogen synthesis and maximise insulin sensitivity.



## VERSATILE CARBS

Formulated to enhance post-workout glycogen synthesis, improve anabolic recovery and provide a convenient source of energy rich carbohydrates for pre or intra workout use.



## FUNCTIONAL SYNERGY

Designed to be used with International Protein® Proteins, Pre-Workouts, Recovery and Amino Acid formula's to enhance their functionality.



## NEUTRAL FLAVOUR

Has a neutral, mildly sweet taste so it can be added to other foods especially protein shakes without affecting their taste or making them unbearably sweet.



## ENERGY SOURCE

High and Low GI Carbs provide both immediate and long-term energy to fuel even the most gruelling workout, competition or match.



## EFFICIENT ANABOLIC RECOVERY

Containing a proportion of glucose and fructose, with Promilin®, Extreme Carbs has the ability to further increase insulin levels, enhancing the body's anabolic state, aiding anabolic recovery.

**PROMILIN®** – a revolutionary ingredient derived from Fenugreek seeds, it has been shown to promote glucose-induced insulin release, encouraging the body to use insulin more efficiently 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.

**GLUCOSE & FRUCTOSE** – high Glycemic Index (G.I) glucose initiates muscle glycogen replacement and natural fruit sugar fructose preferentially restores liver glycogen. The combination of glucose and fructose has the ability to further increase insulin levels, enhancing the body's anabolic state.



NUTRITION INFORMATION		
Serving size: 80g	Qty per 80g serve	Qty 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

\*All specified values are averages

**MEDIUM LENGTH GLUCOSE POLYMERS & LOW ALLERGY RICE STARCH** – combine to supply a steady stream of glucose to depleted muscles. Easily digested, low-allergy rice starch breaks down more slowly, providing glycogen replenishing carbohydrates for the entire peak glycogen synthesis phase.

## DIRECTIONS FOR USE

**RECOVERY:** Mix 80g\* with 200ml - 400ml of water immediately after training. Recommended Serving size is 1.0 – 1.5g/kg bodyweight.

For optimum recovery, combine with International Protein's Amino Charged WPI at a rate of 0.6 – 0.7g Amino Charged WPI per kg bodyweight.

\*Based on 1g/kg for an 80kg individual. Use more or less EXTREME CARBS based on your bodyweight.

**GENERAL USE:** At other times of day, combine EXTREME CARBS with International Protein's PROTEIN SYNERGY for a flexible meal replacement or pre-workout meal. Recommended Serving size is 0.5 – 0.75g/kg bodyweight. For the best consistency, use 50 – 100ml of water per 20g of EXTREME CARBS.

**INGREDIENTS:** Glucose Polymers, Rice Starch, Fructose, Glucose, Natural Cream Flavour, Promilin® (Fenugreek Seed Extract), Sweetener (Sucralose). Promilin® Fenugreek Extract is a trademark of TSI Pharmaceuticals



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