

CARBOHYDRATE ENERGY DRINK

Net weight: see top Flavour: see top

- Carbohydrate content: 100% Vitargo®!
- Better than maltodextrine and dextrose
- Quicker glycogen replenishment
- Rapid stomach emptying = quick energy!

Vitargo® is a patented carbohydrate with unique properties, specially formulated for elite athletes to give an effective loading of easily accessible muscle energy (glycogen) in the body. Vitargo® is a considerably larger carbohydrate than ordinary sports drinks carbohydrates, the molecular structure reminds of glycogen (see table 2). The larger carbohydrate, the quicker the drink passes through the stomach and then the intestines can absorb the energy into your blood stream. This is called osmolality, the lower osmolality the quicker passage through the stomach (see table 1). Vitargo® has been clinically tested at the Karolinska Institute, Stockholm and compared with other "ordinary" sport carbohydrate drinks. The results showed that Vitargo® was quicker in replenishing glycogen levels¹ and passing through the stomach² compared with the normal combinations of complex glucose polymers.

Shown in clinical studies^{1,2} on humans to be 70% more effective than drinks consisting of dextrose- and maltodextrine!

Replenishing glycogen Vitargo® 70% quicker

Stomach emptying rate Vitargo® 80% quicker

Usage

1 portion (75g) = 1,5 dl powder. Mixed in water (6-8 dl)

To carboload: 1 portion in 6 dl of water

Pro-longed exercise: Start to carboload 3 days before competition.

Drink 2 portions of Vitargo®, in between meals, during the day. Stay to your normal diet, no overeating is required.

Team sports: Drink 1 portion of Vitargo® the day before match play.

1 portion is equal to approximately 3 portions of cooked pasta!

REFERENCE LIST: 1. K. Piehl Aulin, K. Söderlund, E. Hultman, Muscle glycogen resynthesis rate in humans after supplementation of drinks containing carbohydrates with low and high molecular masses (Vitargo). Eur J Appl. Physiol. 81:346-351, 2000. 2. K. Piehl Aulin, K. Söderlund et al. Improved gastric emptying rate in humans of a unique glucose polymer (Vitargo). Scand J Gastroenterol 2000;35:1143-1149.

Table 1

Osmolality table 1	mOsm/kg
Water ^z	5-15
Vitargo*	11
Maltodextrine DE 18*	48
Dextrose*	620

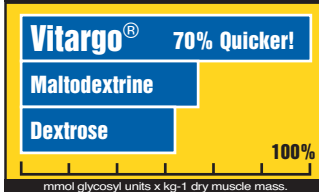
^z depending on mineral content

* 10% solution

Table 2

Carbohydrate	Average molecular weight
Barley starch	> 1 000 000
Vitargo®	500 000-700 000
Maltodextrine	1000-10 000
Dextrose	180

Replenishment of muscle energy (Glycogen)



During exercise, as a sports drink: 1 portion mixed in 8-10 dl of water.

Pro-longed exercise: 1 portion mixed in 8 dl of water to be consumed during one hour of activity.

Team sports: Drink 1 portion mixed in 10 dl during match.

Recovery: 1 portion mixed in 6 dl of water or milk directly after exercise.

Nutritional values	100g	75g
Energy value [kJ/kcal]:	1550 /370	1160 /280
Protein [g]	<0,5	<0,5
Carbohydrate [g]	92	69
of which barley starch [g]	90	68
of which simple [g] carbohydrates	<0,5	<0,5
Fat [g]	<0,5	<0,5

Ingredients: barley starch (Vitargo®), citric acid, natural flavouring, sweeteners (aspartam, acesulfam-K) Contains a source of phenylalanine.

Best before: see top



Manufactured by:

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Preparation

Vitargo® consist of long chain carbohydrates in contrast to lower sugars used in other sports drinks. Follow the mixing instructions carefully.

Fill a third of a bottle or shaker (200 mls) with water and add the powder. Shake vigorously for 1-2 minutes. Then top up with water (total solution 6-10 dl).