



MALTODEXTRIN

NUTRITIONAL INFORMATION

MALTODEXTRIN

	PER SERVE	PER 100g
ENERGY	610kj / 145.6cal	1524kj / 364cal
CARBOHYDRATES TOTAL	36.4g	91.0g
PROTEIN	trace	trace
FAT TOTAL	trace	trace
SODIUM	trace	trace

INGREDIENTS

100% Maltodextrin with nothing added or taken away.

SUGGESTED USE

As a dietary supplement consume 40g with 250ml of desired liquid as required. Alternatively, add to protein shakes.

SCOOP

2 x flat 30ml scoops provide an estimated 40g serve, scoop is included in package.

Maltodextrin Overview

Maltodextrin is a fast and effective carbohydrate for serious sportspeople who need to manipulate carbohydrate intake to support athletic performance, muscle gain and body composition.

Maltodextrin is created from starches taken from rice, corn, potato or a combination of all three. It is a pure, natural and safe source of carbohydrate energy which has been used for decades, sometimes in combination with dextrose and often mixed into protein shakes, amino acid drinks or BCAA supplements. It is also a popular ingredients in mass gainers or weight gain meal replacement shakes, due to its caloric properties and ease of digestion.

Although maltodextrin is high on the GI (glycemic index) scale, it is considered a complex carbohydrate because it is manufactured from natural starches.

Taken post-workout as a fast carbohydrate supplement, maltodextrin creates a useful insulin spike which in turn helps carry protein, amino acids, nutrients and creatine in post-workout nutrition to the muscle cells. In this way, it not only provides a source of energy but assists with the uptake of nutrients in the anabolic post-workout window.

Combine maltodextrin with protein powder such as whey in a post-training shake to slow down the absorption of the carbohydrate, creating a sustained source of energy and nutrients whilst your body recovers and replenishes glycogen.

Maltodextrin can be combined with dextrose monohydrate for an excellent pre or post-training carbohydrate supplement and can also be added to your protein shake, amino acid drink or BCAA supplement. It is a flexible and adaptable carbohydrate supplement and represents a cost effective and reliable carbohydrate source for endurance athletes and intense gym trainers.

Maltodextrin benefits

Quick-absorbed pure carbohydrate, macro manipulation, mass gainers, athletic performance, muscle gain

Maltodextrin is a pure carbohydrate which is absorbed and shuttled to cells very quickly. Ideal for the post-workout window, to bump up your carbs, to hit specific macronutrient loads or to support elite level athletic performance. High on the GI scale. Easy to add to protein shakes, whey protein, amino acid and BCAA drinks. Can be combined with other carbohydrate supplements including dextrose monohydrate. Convenient and user-friendly.

Maltodextrin Dosage and Suggested Use

As a dietary supplement, mix 40g maltodextrin with 250ml of water or other liquid before, during and after intense exercise. Alternatively, mix it in with other supplements (amino acids, protein powders, BCAAs or creatine) to increase their level of absorption. 2 x flat 30ml scoops provide an estimated 40g serving. Scoop is included in package.

Reference and shopping:

<http://www.healyshealth.com/#!c1supplement-analysis/c1zke>

<http://www.healyshealthsupplements.com/>

<http://www.healyshealth.com/#!supplement-store/cymz>

<http://www.healyshealthstore.com/>