

CARBOHYDRATE-CREATINE ENERGY DRINK

Net weight: see top Flavour: see top

- Carbohydrate content: 100 % Vitargo!
- More effective than a creatine/dextrose mix
- Quicker muscular uptake of creatine
- The future of creatine loading is here!

Glycogen and Creatine are two different energy stores for muscular work. The glycogen stores are used during long-time physical exercise. The creatine stores are used whenever the muscles need ultraquick, intensive/explosive energy but of short duration, for example during sprints and strength training.

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. 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 levels! and passing through the stomach² compared with the normal combinations of complex glucose polymers.

Creatine has in several clinical studies^{2,3} shown to increase muscular strength and also maintains the pace longer during physical exercise with repeated bouts. Other clinical studies have shown that intake of creatine together with carbohydrates as drink stores a greater amount of creatine in the muscles. Based on these results we present the most effective mix of carbohydrates and creatine. Using Vitargo®+CREATINE your muscles can exercise a bit harder and longer. You will notice the difference!

Shown in clinical studies^{2,3} 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 = 75 g = 1,5 dl powder. Mixed in water (6 dl).

Loading phase

Day 1-5: Drink 3 portions of Vitargo+CREATINE divided during the day. Drink the final portion immediately AFTER a training session (if it is a training day). Adequate drinking interval is one portion every 3rd-4th hour. It is proper to drink Vitargo+CREATINE in between meals.

Maintenance phase

Day 6 and ahead: drink 1 portion of Vitargo+CREATINE (6,5 g-creatine monohydrate/day), preferably immediately AFTER a training session (if it is a training day). Vitargo+CREATINE effectively restores your glycogen stores after intense physical exercise as well as it gives you the benefit of creatine.

REFERENCE LIST: 1. Building Muscles through Science, Magazine Nr. 6 2002. 2. 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.

3. 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.

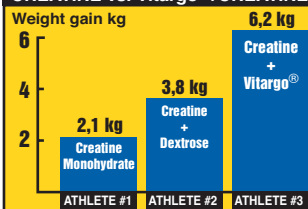
Table 1

Osmolality table	mOsm/kg
Water ^z	5-15
Vitargo*	11
Maltodextrine DE 18*	48
Dextrose*	620
Vitargo+CREATINE*	73
Dextrose/creatine mix*	650

^z depending on mineral content

* 10% solution

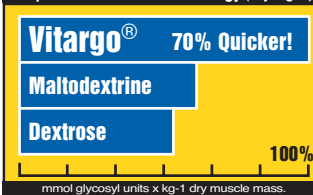
CREATINE vs. Vitargo®+CREATINE



A 3-weeks comparing study between different creatine formulas.

See reference: No 1 diagram

Replenishment of muscle energy (Glycogen)



Nutritional values	100g	75g
Energy value [kJ/kcal]:	1580/380	1190/290
Protein [g]	<0,5	<0,5
Creatinemonohydrate [g]	8,75	6,5
Carbohydrate [g]	85,5	64
of which barley starch [g]	80,5	60
of which sugars [g]	<0,5	<0,5
Fat [g]	<0,5	<0,5
Phosphor[mg]	100	75
Potassium [mg]	174	131
Magnesium [mg] (% of RDI)	78(18)	59
Natrium [mg]	80	60

Ingredients: barley starch (Vitargo), creatinemonohydrate, natural flavouring, potassium gluconate, magnesium glycerol phosphate, citric acid, tri-sodium citrate, sweeteners(aspartame, acesulfame-K), Beta-carotene. Contains a source of Phenylalanine.
Best before: see top

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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 (about 200 mls) with water and add the powder. Shake vigorously for 1-2 minutes. Then top up with water (total solution 6 dl).