

# CARBOHYDRATE - PROTEIN ENERGY DRINK

Net weight: see top Flavour: Chocolate Best before: see top

- **Carbohydrate content: 100 % Vitargo!**
- **Better than maltodextrine and dextrose**
- **Optimised formula for maximal muscle gain and recovery!**

Chocolate

## Vitargo Gainers Gold – optimised formula for maximal muscle gain and recovery!

The combination of first class proteins and Vitargo® is a brilliant mix to secure recovery, prevent infections and stimulate muscle gain for people undertaken hard exercise. Whey protein, milk protein isolate and glutamine peptide for muscle gain and alpha-lact-albumin to prevent infections. 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 the intestines can absorb the energy into the 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<sup>1</sup> and passing through the stomach<sup>2</sup> compared with the normal combinations of complex glucose polymers.

Shown in clinical studies<sup>1,2</sup> 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 or milk (5 dl).**

**For strength training/muscle gain:** Drink 2 portions/day. Take 1 portion directly after exercise to secure recovery. To maximize muscle gain, use Vitargo+Creatine together with Vitargo Gainers Gold during a period of 3 weeks.

**Endurance sports/Team sports:** Drink 1 portion immediately after exercise to secure recovery. During times of extra hard training, drink 2 portions/day, for example in-between meals.

**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	mOsm/kg
Water <sup>2</sup>	5-15
Vitargo*	11
Maltodextrine DE 18*	48
Dextrose*	620

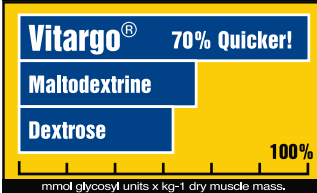
<sup>2</sup> depending on mineral content

\* 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)



Nutritional values	100 g	75g
Energy value [kJ/kcal]:	1550 /370	1160 /280
Protein [g]	26	20
Carbohydrate [g]	62	47
of which barley starch [g]	58	44
of which sugars (lactose) [g]	1,5	1,1
Fat [g]	1,5	1,1
Sodium [mg]	94	71
Potassium [mg]	368	276
Calcium [mg] (% av RDI)	184 (23)	138 (17)
Magnesium [mg]	41	31
Phosphor [mg] (% av RDI)	244 (31)	183 (23)

**Ingredients:** barley starch (Vitargo), whey protein concentrate, milk protein isolate, alpha-lactalbumin, glutamine peptide, cocoa powder, flavour, potassium gluconate, magnesium gluconate, sweeteners (aspartame, acesulfame-K). Contains a source of Phenylalanine.



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