



**DELAYS FATIGUE
AND HELP TO
RECOVERY**



Pure Maltodextrin

- Source of carbohydrates: 100% Maltodextrin
- Zero Fat
- Vegan



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Our new product **Pure Maltodextrin** is made only of Maltodextrin (100% Maltodextrin, originating from hydrolysed corn starch). Maltodextrin is a carbohydrate made from glucose chains, the main energy substrate contributing to muscle fibre during the physical exercise. The maltodextrin is a very popular carbohydrates in the worlds of sport and known for its rapidity of effect.

When we perform physical exercises, the level of glucose in our blood decrease, resulting in the breakdown of glycogen to glucose so to cover energetical needs at that moment. In order to counter this effect and maintain appropriate levels of blood glucose and energy during long-lasting physical exercises, we need to take products with high glycaemic index. This explains our new launcher! The maltodextrin presents a high glycaemic level which enables to refill these needs of energy, and above all, avoid the emergence of fatigue.

Another asset that presents the maltodextrin is its osmolarity. The osmolarity has influence in the speed of gastric emptying of our body, enabling nutrients to pass through the stomach to the bowel where they are absorbed. There is a significant connection between the molecular weight of carbohydrates and its osmolarity. As the maltodextrin has a higher molecular weight than other carbohydrates (such as glucose and fructose), it has a faster transit, which is why it is available before and absorbed at a faster speed. This results in the rapid release of glucose in the bloodstream as a source of energy.

WHEN TO TAKE MALTODEXTRIN?

As a recommendation, the maltodextrin generates very interesting functions before and during the physical exercise, but we should keep in mind that this depends on the athlete's goals. Among the main effects produced we can highlight the following:

- **Before the physical activity:** it is used to enhance the energy which will take place during the training. This type of products before the physical exercise helps, above all, to increase performance and focus.
- **During the physical exercise:** it is used to improve performance and delay the onset of fatigue, helping in maintaining appropriate levels of glycogen.

Furthermore, we would like to add that the intake of that type of products after the physical exercise helps the recovery of muscle glycogen deposits. As it is a carbohydrate of high glycaemic index, it is absorbed rapidly, facilitating a fast and effective recovery.

We keep enlarging our product line for all audiences, and of course, Pure Maltodextrin is also vegan!

PRESENTATION: Jar de 1 kg (20 servings)

INSTRUCTIONS FOR USE: Mix 50 g of product (1 scoop) with 250 ml of water.



Ingredientes: 100% Maltodextrin.

May contain traces of crustaceans, eggs, fish, peanuts, soy, milk, nuts, lupin, sulphur dioxide, sulphites and products thereof.

Nutritional Information	per serving (50g)
Energy	815 KJ / 192 kcal
Fat	0 g
- of which saturated fatty Acids	0 g
Carbohydrates	48 g
- of which Sugars	2,8 g
Protein	0 g
Salt	0,16 g