



**SUGGESTED USAGE:** Mix a 1/2 cup of Carbo Gain in each 16 oz. of water or juice. Consume before, during and after intense exercise for best results. Double this recipe if engaging in prolonged exertion of 2 hours or more.

NOW® Carbo Gain is a 100% pure complex carbohydrate supplement derived from maltodextrin, an easily digestible blend of complex carbohydrates from corn starch. Maltodextrin contains “glucose polymers”, linked sugar compounds that are easier for the body to assimilate and use. Glucose polymers are metabolized at a slow, steady rate that can help to sustain energy levels during endurance-oriented workouts and/or athletic events and support weight gain. Carbo Gain contains virtually no protein, fat or fiber and is a convenient source of energy for active individuals.\* Look to NOW® for all of your high quality sports supplement needs.

**\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

# Carbo Gain

## 100% Complex Carbohydrate

Net Wt. 7 lbs. (3175 g)

### Supplement Facts

Serving Size 1/2 Cup (50 g)  
Servings Per Container 63

	Amount Per Serving	%Daily Value
Calories	190	
Total Carbohydrate	47 g	15%*
Sugars	2 g	†
<b>Carbo Powder</b>	<b>50 g</b>	<b>†</b>

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**INGREDIENTS:** 100% Pure Maltodextrin from Corn.

Contains no salt, yeast, wheat, gluten, soy, milk or preservatives.

**Vegetarian Formula.**

This product is sold by weight not volume.

Manufactured by NOW FOODS  
BLOOMINGDALE, IL 60108  
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