GlycoSyn™ is a modern, innovative and science-based formula to provide sustained energy for pre-, intra- and post-workouts along with carbohydrate/glycogen replacement and loading for gaining weight. GlycoSyn™ is driven by two new and exciting low glycemic and sustained release carbohydrate sources including Carb10™ and ModCarb™. To support the optimal carbohydrate utilization from Carb10™ and ModCarb™, GlycoSyn™ also provides citrulline malate, cinnamon extract, guanidinopropionic acid and Promilin™.

Carb10™ is a novel, all natural carbohydrate derived from pea starch. It is indicated for pre, intra-workout fuel, post-workout muscle carbohydrate loading, glycogen replacement and weight gainers. Carb10™ is low glycemic, has a low insulin response, is rapid gastric emptying, is gluten-free and is non-GMO. Studies have shown that compared to maltodextrin, Carb10™ has an 82% lower insulin response and 27% lower blood glucose response making it ideal for healthy and sustained energy.

ModCarb™ is a breakthrough in energy and strength nutrition and supplementation and contains six organic healthy grains including oats, amaranth, buckwheat, chia, millet and quinoa. The unique, whole grain matrix of ModCarb™ delivers nutrition-rich complex carbohydrates ensuring measured absorption and utilization by the body. As a result, ModCarb™ can help to modulate glucose absorption in order to extend performance and prevent a subsequent “sugar crash”. The combination of Carb10™ and ModCarb™ provides the ideal carbohydrate mixture for healthy sustained energy for active individuals and a wide variety of athletic events.

Glycogen may be the most important fuel source for energy during exercise. There is direct correlation between the glycogen stored in muscles and liver and the ingestion of carbohydrates. The American College of Sports Medicine recommends that carbohydrates be ingested at a rate of 30 to 60 grams per hour to maintain oxidation of carbohydrates as fuel and delay fatigue. Two scoops of GlycoSyn™ provides an ideal 44 grams of sustained release carbohydrates to maximize glycogen synthesis. Glycogen or carbohydrate loading has been proven to enhance athletic performance. Endurance athletes benefit from glycogen loading to delay and replace glycogen in events lasting one hour or longer. The ability to sustain prolonged exercise depends on muscle glycogen concentration. Additionally, bodybuilders benefit from glycogen loading since each gram of glycogen is stored in muscle with approximately 3 grams of water resulting in an increase in muscle size and definition.

GlycoSyn™ contains citrulline malate that promotes aerobic energy production, serves to remove lactate and ammonia from muscle cells, reduces muscle fatigue and supports arginine synthesis and is superior for nitric oxide (NO) production. For complete post-exercise replenishment of carbohydrates in the muscles and promoting increases in muscle mass and strength.

Cinnamon is one of the oldest herbal remedies and has historically been used for centuries in traditional Chinese medicine. Cinnamon has gained popularity for its ability to help support healthy carbohydrate metabolism, blood sugar levels, insulin metabolism and fat cell metabolism. Recent scientific evidence has shown that cinnamon activates peroxisome proliferator-activated receptors (PPARs) that are transcription factors involved in the regulation of insulin resistance and adipogenesis. Guanidinopropionic Acid is an analog to creatine and generally affects energy metabolism in skeletal muscles. Evidence suggests that guanidinopropionic acid helps improve the effectiveness of insulin in glucose uptake into muscles in addition to create uptake into skeletal muscles.

GlycoSyn™ is an innovative and science-based formula containing a hybrid of two modern low glycemic and extended release carbohydrates Carb10™ and ModCarb™. GlycoSyn™ is highly versatile and formulated to provide sustained energy for pre-, intra- and post-workouts along with carbohydrate/glycogen replacement and loading and fuel for weight gainers. GlycoSyn™ is the ideal carbohydrate energy and fuel solution.

KEY FEATURES
- Driven by Carb10™ and ModCarb™
- Provides Healthy and Low Glycemic, Sustained Release Carbohydrates.
- Enhanced With Citrulline Malate, Cinnamon Extract, Guanidinopropionic Acid and Promilin™.
- Ideal Solution for Pre-, Intra-, Post-Workout, Carbohydrate Loading and Weight Gain.

KEY MESSAGES
- GlycoSyn™ is a modern, innovative and science-based formula to provide sustained energy for pre-, intra- and post-workouts along with carbohydrate/glycogen replacement and loading for fuel for weight gainers.
- GlycoSyn™ is driven by two new and exciting low glycemic and sustained release carbohydrate sources including Carb10™ and ModCarb™.
- Carb10™ is a novel, all natural complex carbohydrate derived from pea starch. It is low glycemic, low insulin response, quickly digested and absorbed, gluten-free and non-GMO.
- Carb10™ has an 82% lower insulin response and 27% lower blood glucose response making it ideal for healthy and sustained energy compared to maltodextrin.
- ModCarb™ is a breakthrough in energy and strength nutrition and supplementation and contains six organic healthy grains including oats, amaranth, buckwheat, chia, millet and quinoa. The combination of Carb10™ and ModCarb™ provides the ideal carbohydrate mixture for healthy sustained energy.
- Two scoops of GlycoSyn™ provide the ideal 44 grams of sustained release carbohydrates to maximize glycogen synthesis as recommended by The American College of Sports Medicine.

(cont’d on p.2)
KEY REFERENCES


1. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.