

# Carbo Max

## Pure Complex Carbohydrates

### Carbohydrate Loading for Rapid Weight Gain†

**Carbo Max** is a 100% pure source of complex carbohydrates derived from natural grain sources. **Carbo Max** is ideal for sustaining high levels of energy during intense training sessions, bodybuilding contests, or any endurance activity requiring long-term energy or can be used as an effective way to gain weight.

Complex carbohydrates are easy to assimilate and digest and are therefore the active ingredient in most weight gain powders. By ingesting only pure complex carbohydrates, you ensure that weight gain is a higher percentage of lean muscle weight by avoiding unnecessary artificial colors, flavors, sugars and fats.

A 100% pure source of complex carbohydrates for sustaining high levels of energy or gaining lean muscle weight. **Carbo Max** is pure Maltodextrin, and when combined with protein, is a very slow burning source of energy. All kinds of athletes can and do use sources of complex carbs for energy.

Scientific research validates that by “carbo-loading” – ingesting significantly more carbohydrates than usual – it’s possible to force the muscle to retain more glycogen, making your muscles bigger, stronger and more capable of sustained and intense activity.

#### CARBOHYDRATE LOADING PLANS

- Plan #1:** 1/2 cup **Carbo Max** (or 2 scoops - 4 times daily)  
For gradual weight-gain, increased strength and endurance.  
**Mix in:** Water (16 oz.) Juice or Milk (16 oz.)  
**Calories:** 880 1770
- Plan #2:** 3/4 cup **Carbo Max** (or 3 scoops - 4 times daily)  
For rapid weight-gain, increased strength, and endurance.  
**Mix in:** Water (16 oz.) Juice or Milk (16 oz.)  
**Calories:** 1320 2210
- Plan #3:** 3/4 cup **Carbo Max** (or 3 scoops - 6 times daily)  
When weight-gain seems impossible (see paragraph below)  
**Mix in:** Water (16 oz.) Juice or Milk (16 oz.)  
**Calories:** 1980 2870

**Hard to Gain Weight?** – Try this. For a delicious and nutritious high calorie drink, mix **Carbo Max** with one or more of these; fruit, yogurt, milk, eggs, or juice. (It’s possible to ingest over 1,000 calories per drink when you combine additional food sources as mentioned.) Try this 3-4 times a day, you should see results very quickly.

**Normal Directions** - Mix 1/2 cup **Carbo Max** with 12 ounces of water, juice or milk. Drink 30 minutes before energy is required.

**Intense Energy** – Mix **Carbo Max** with 10-to 12 ounces of coffee or ginseng tea. Drink 15 to 20 minutes before high energy demands are required.

**Add to Other Products or Formulas** - Mix **Carbo Max** with other MMSN protein powders to increase the total caloric value without adding sugar or fat.



**Size:** Net Wt. 3 lbs. (1332g), Net Wt. 9.5 lbs. (4318 grams)  
**Serving Size:** 1/2 Cup (113 g)  
**Servings Per Container:** 24, 76

#### KEY FEATURES

- 100% pure source of complex carbohydrates.
- Instantized for easy mixing.
- Carbo Max is tasteless and can be mixed with juice, water or milk.
- Very slow burning for long lasting energy.†
- Pure Maltodextrin derived the purest grain source available.

#### KEY MESSAGES

- Carbo Max is ideal for gaining lean muscle because complex carbs are protein sparing and do not convert into fat easily.†
- When carbs are ingested, Insulin is released to regulate blood-glucose levels.†
- When the insulin is released, it carries the protein, creatine, glutamine and other nutrients into the muscle. This all translates into leaner, bigger and harder muscles.†
- Those who want to gain weight need to ingest complex carbohydrates along with protein during every meal.†
- Carbs fuel and energize the muscle.†
- Carbo Max is stored as glycogen in the muscle & liver.†
- Sustained energy release.†
- Glycogen is broken down to glucose and then to ATP for useable energy.†

#### TARGET MARKET

**Primary:** Hard gainers looking for a pure source of complex-carbohydrate in a convenient, easy to use supplement.

**Secondary:** Endurance athletes needing to sustain high levels of energy during intense training sessions, bodybuilding contests, or any endurance activity requiring long term energy.

#### RECOMMENDED STACK

- Max Pro
- High 5
- Vit-Acell
- Max Creatine CV
- Max Zyme
- Amino Max
- Max Glutamine
- Max Nitro

Your assurance of quality®

1641 S. Sinclair Street • Anaheim, California 92806 • 714.456.0700 • 714.456.0727 fax

[www.maxmuscle.com](http://www.maxmuscle.com)

# Carbo Max

**3 Lbs (1332g)**

**Size:** Net Wt. 3 lbs. (1332g)  
**Serving Size:** 1/2 Cup (113 g)  
**Servings Per Container:** 24

## Supplement Facts

Serving Size: 1/2 Cup  
 Servings Per Container: 24

Amount Per Serving	
Calories (in Water)	220
Calories from Fat	0

	Amount Per Serving	% DV*
Total Fat	0g	0%
Cholesterol	0g	0%
Sodium	0g	0%
Total Carbohydrate	57g	20%
Sugars	3g	**
Protein	0g	0%

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

**Ingredients:** Maltodextrin (a pure source of complex carbohydrates from the highest quality grain sources available).

**Directions:** Mix 1/2 cup Carbo Max with 12 ounces of water, juice or milk. Drink 30 minutes before energy is required.

# Carbo Max

**9.5 Lbs (4318g)**

**Size:** Net Wt. 9.5 lbs (4318g)  
**Serving Size:** 1/2 Cup (113 g)  
**Servings Per Container:** 76

## Supplement Facts

Serving Size: 1/2 Cup  
 Servings Per Container: 76

Amount Per Serving	
Calories (in Water)	220
Calories from Fat	0

	Amount Per Serving	% DV*
Total Fat	0g	0%
Cholesterol	0g	0%
Sodium	0g	0%
Total Carbohydrate	57g	20%
Sugars	3g	**
Protein	0g	0%

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

**Ingredients:** Maltodextrin (a pure source of complex carbohydrates from the highest quality grain sources available).

**Directions:** Mix 1/2 cup Carbo Max with 12 ounces of water, juice or milk. Drink 30 minutes before energy is required.

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