



SUPERCARBO PLUS

Supercarbo Plus is the most suitable food supplement for post exercise recovery of athletes, provided it is used with low-fat milk. Supercarbo Plus contains sugars with a high glycemic index to speed glycogen restoration in liver and muscle cells (body's sugar reserves) after exercise. This is especially important for endurance athletes who train daily (eg. Running, cycling ...), with delay of recovery between training sessions of 30 hours or less.

Supercarbo Plus is food supplement with high nutritional density because its also contains vitamins and minerals.

Contents

Carbohydrates blend, 12 vitamins and 7 minerals.

Available in 2 delicious aromas

Vanilla and chocolate. **Price** : 49,00 Frs per unit of 1600 g [Analyse quantitative](#)

Indications

Super Carbo Plus was developed to speed recovery after exercise especially when delay of recovery between training sessions are short (30 hours or less) .

Ingredients

Maltodextrin, aroma, calcium carbonate, sodium chloride, magnesium oxide, potassium chloride, sweeteners: cyclamate and sodium saccharin, ascorbic acid, alpha tocopherol, niacinamide, ferrous fumarate, beta-carotene, zinc oxide, calcium pantothenate , pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, cholecalciferol, folic acid, biotin, cyanocobalamin (vitamin B12).

Use

Dilute 6 level scoops of powder (about 80 g) in 250 ml of skimmed milk in the hour following the end of an effort.

Advice

Super Carbo Plus can also be used as “a carbo loading supplement” 3 days before an endurance event in order to increase the reserves of sugars in liver and muscles cells (glycogen supercompensation). In this case, take 1g of **Super Carbo Plus** par kilo body weight in 250 ml of skimmed milk 3 times a day, 3 days before an endurance event.

Super Carbo Plus can also be used as a supplement food at pre-competitive meal three hours before exercise to favorise the physical performance in the late phase of the completion of the

endurance effort, provided athlete takes 150 g - 200 g of carbohydrates at this time. This amount represents about 800 g of cooked pasta, a huge quantity to eat ! Each 250 ml serving of

Super Carbo Plus

will bring to athlete the equivalent of 300 to 350 g of cooked pasta!

Not suitable for diabetics