

## **PURE MUSCLE CARBS-GRAPE**

Serving Size: 55g (2 scoops)

23 servings

Amount per serving

Calories 208 Calories from fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0 mg 0%

Potassium 0 mg 0%

Sodium 35 mg 1%

Total Carbohydrates 52g 17%

Dietary Fiber 0g 0%

Sugars 11g

Protein 0g 0%

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%

Directions: Mix two (2) scoops (55 grams) slowly into 10-12 ounces of water. Take 15 minutes before training to fuel your workout. For endurance training athletes, take Pure Muscle Carbs™ after training to replenish lost muscle glycogen.

Ingredients: Specially processed complex carbohydrates extracted from grain sources, crystalline fructose, citric acid, natural grape flavor and natural grape skin extract (for color).