

ULTIMATE SPORT ENERGY SUPPLEMENT

# Vitargo®

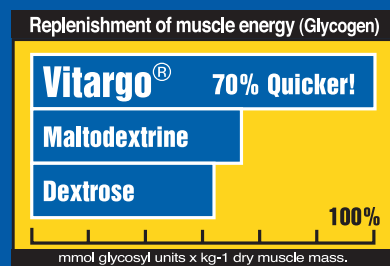
www.vitargo.com



## NEW SCIENCE - REAL DIFFERENCE

### What is Vitargo®?

Vitargo® is a patented carbohydrate with unique properties, specially formulated for elite athletes to give an effective loading of easily accessible muscle energy (glycogen) in the body. Vitargo® is a considerably larger carbohydrate than ordinary sports drinks carbohydrates, the molecular structure reminds of glycogen (see table below). Vitargo® has been clinically tested at the Karolinska Institute in Stockholm, and compared with other "ordinary" sport carbohydrate drinks. The results showed that Vitargo® was 70% quicker in replenishing glycogen levels<sup>1</sup> and 80% quicker in passing through the stomach<sup>2</sup> compared with the normal combinations of complex glucose polymers. For you as a consumer this means faster recovery, no stomach bloating, and the glycogen levels will be replenished in the fastest and most effective way. To preserve the "Vitargo®-effect", it is important not to mix Vitargo® with sugars/sugar-like carbohydrates (glucose, fructose, maltodextrine). The Vitargo® product line is sugar free. German studies<sup>3</sup> clearly demonstrate that a mix of Vitargo® and pure creatine monohydrate increases muscle strength and produces weight gain considerably faster than a regular carbohydrate-creatine mix.



Carbohydrate	Average molecular weight
Vitargo®	500 000-700 000
Starch	> 250 000 000
Maltodextrine	1000-10 000
Dextrose	180

**REFERENSER:**

1. K. Piehl Aulin, K. Söderlund, E. Hultman. Muscle glycogen resynthesis rate in humans after supplementation of drinks containing carbohydrates with low and high molecular masses (Vitargo). Eur J Appl. Physiol. 81:346-351, 2000.
2. K. Piehl Aulin, K. Söderlund et al. Improved gastric emptying rate in humans of a unique glucose polymer (Vitargo). Scand J Gastroenterol 2000;35:1143-1149.
3. Building Muscles through Science, Magazine Nr. 6 -02.
4. Post-exercise ingestion of a unique, high molecular weight glucose polymer solution improves performance during a subsequent bout of cycling exercise journal of sports science, 1-6, 2007. Stephens, Paul L Greenhaff et al. 3. Stephens, Francis B., Roig, Marc, Armstrong, Gerald and Greenhaff, Paul L. (2007)





## Vitargo Endurance Bar

Vitargo Endurance bar is a musli bar with Vitargo, creatine monohydrate, glutamine and caffeine. Have it along with water or sports drink during for ex. cycling, skiing or as an in-between meal before exercise. Rich in fibers. 1g creatine per bar.  
Serving: 65 g      Flavour: Crunchy caramel, no coating



## Vitargo Performance Bar

This energy bar consists of 26% whey protein and a carbohydrate mix with Vitargo, and you can use it during and after exercise. The bar gives you the extra energy to recover after a training session.  
Serving: 65 g      Flavour: Vanilla with yoghurt coating



## Vitargo Protein Bar

A mix of carbohydrates and Vitargo and 20 g pure protein per bar (whey, milkprotein and caseine) will give your body perfect ingredients for muscle recovery. Wonderful flavour!  
Serving: 65 g      Flavour: Milk chocolate with chocolate coating



## CARBOHYDRATE SUPPLEMENTS



1 portion of Vitargo is equal to approximately 3 portions of cooked pasta!

### Vitargo Carboloader / +Electrolyte / PURE Vitargo

The unique properties of Vitargo®, gives you the opportunity to perform at your maximum level in extreme endurance sports as well as at the gym. The positive effects of Vitargo® is well documented. The carbohydrate is easy accessible to the muscles, and compared to other common combinations of nutritional carbohydrates, Vitargo® replenishes glycogen levels 70% quicker. Vitargo® is available with and without added flavours and minerals. No sugars added!

Vitargo Carboloader (orange), 75 g sachet, 2 kg- or 5 kg plastic container. No minerals added.  
Vitargo+Electrolyte (citrus or pink grape), 70 g sachet, 2 kg- or 5 kg plastic container. Minerals added.  
Vitargo PURE Vitargo (natural), 2 kg- or 5 kg plastic container. No minerals or flavour added.

## PERFORMANCE BOOSTER



### Vitargo Professional

A combination of Vitargo and BCAA's (5,5 g/100 g powder) and caffeine (218 mg/100 g powder) to enhance performance and stamina. Improves mental performance and suppresses fatigue. Mineralised.

Vitargo® Professional (citrus), 2 kg plastic container. Minerals added.

## CARBOHYDRATE SUPPLEMENTS



### Vitargo Gainers Gold

To benefit muscle gain and recovery, we have an optimised carbohydrate-protein formula with Vitargo® Gainers Gold. This is a combination of first class proteins (whey protein, milk protein isolate, glutamine peptide and alpha-lactalbumin) and Vitargo®. Helps your body in the most effective way, to prevent infections and overtraining. For usage immediately after exercise as a recovery drink or as an in-between meal, to give extra energy during the day. Ratio Vitargo®:protein (2:1). No sugars added!

Vitargo® Gainers Gold (chocolate or strawberry), 75 g sachet and 2 kg container. Minerals added.

## GAIN STRENGTH / PERFORMANCE BOOSTER



### Vitargo +Creatine

Ever tried CREAPURE® creatine monohydrate? In combination with Vitargo® it is even more effective. Vitargo® helps the creatine transport into the muscle tissue, and at the same time effects your stamina and recovery during and after the exercise bouts. Vitargo® +Creatine makes you stronger and your muscles more explosive. German studies<sup>3</sup> (see diagram) showed increase in strength, weight gain and muscular volume when using the same formula as Vitargo® +Creatine. 8,75 g pure creatine per 100 g powder. No sugars added!

Vitargo® +Creatine (orange), 2 kg plastic container. Minerals added.