

VitarGO! contains Vitargo®, a patented, high molecular weight carbohydrate with an average molecular weight of 500,000-700,000. It's unique, because it's specially processed to yield a molecular profile that is massively different from the sugars (e.g. Glucose, Fructose) and Maltodextrin found in many products. The molecular weight of Maltodextrin is around 1,000-10,000 and Dextrose is approximately 180!

It has generally been accepted by science that prolonged submaximal exercise is limited by the availability of muscle and liver glycogen stores and that these stores increase when carbohydrate intake is high. It has also been shown that the rate of glycogen (stored carbohydrate in the body) synthesis is highest in muscles in which the glycogen stores have been depleted by exercise. The rate of glycogen synthesis following exercise is of importance for athletes during training sessions with repeated periods of heavy or submaximal exercise, as well as during competition especially when several periods of intense exercise are performed. Synthesis of muscle glycogen from ingested carbohydrates is dependant on the transport of glucose across the intestinal mucosa and the muscle cell membrane and on the enzymes responsible for glycogen phosphorylation and synthesis. Blood glucose concentrations are influenced by the influx of glucose from the stomach, via the intestine and into the blood. It has been shown that the osmolality of an ingested solution can interfere with the emptying rate from the stomach. Thus a high osmolality may delay gastric emptying which could delay the release of glucose from the intestine. With Vitargo® a very low osmolality, but high carbohydrate drink can be made!

Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle\*. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

\*This statement has been scientifically proven by the European Food Safety Authority (EFSA) and authorized by the European Commission (EC).

Formulated by and manufactured for  
**SCITEC NUTRITION®**  
P.O. Box 431975, Miami, FL 33243, USA  
Made in EU  
[www.ScitecNutrition.com](http://www.ScitecNutrition.com)  
Distributed by Scitec Kft.,  
1134 Budapest, Váci út 49., Hungary



## PATENTED CARBOHYDRATE SOURCE FOR ENERGY!

# VITAR GO!

NET WT: 900 G

ORANGE FLAVOR

VitarGO!  
Food intended for sportsmen  
Powder with Vitargo® and sweeteners

NET WT.  
**900 G**

### Nutrition Information

Serving size: 30 g (3/4 scoop) Servings Per Container: 30

Amount per serving	30 g	RI%*	100 g
Energy	470 kJ/112 kcal	6%	1562 kJ/372 kcal
Fat	0 g	0%	0 g
of which Saturates	0 g	0%	0 g
Carbohydrate	28 g	11%	93 g
of which Sugars	0 g	0%	0 g
Protein	0 g	0%	0 g
Salt	0 g	0%	0 g
Vitargo®	30 g	-	100 g

\*RI%: Reference intake of an average adult (8400 kJ/2000 kcal).

**Ingredients:** Vitargo® - a patented, high molecular weight carbohydrate from maize starch, Flavor (Orange), Sweeteners (Acesulfame K, Sucralose), Acidity Regulator (Citric Acid Monohydrate), Colors (Pepper Extract, Sunset Yellow FCF\*\*).

\*\*May have adverse effects on activity and attention in children.

**Directions:** Dissolve 1 serving in 400 ml of water daily. Use before, during or after training to provide carbohydrates and energy for the body.

**Warnings:** Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. Keep out of reach of children. DON'T EXCEED THE RECOMMENDED DAILY DOSAGE! Intended for adults who have performed highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

**Allergen info:** Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts, fish and crustacean ingredients.

**Storage conditions:** Store in a cool, dry place! Heat and sunlight may damage the bottle.

**Best before end:** see on packaging. (MM/YYYY)

**Batch number:** see on packaging.