



# Maxim Energy Mix

## - neutral (60 g, 500 g & 2 kg)

Maxim Energy Mix is a neutral powder product, it contains 97% carbohydrates (maltodextrin).

Carbohydrates are the most important source of energy your body uses during exercise. Research shows that a shortage of your muscle glycogen has a negative impact on your performance during exercise. Therefore it is very important to start consuming carbohydrates before exercise. This ensures that you have a sufficient quantity of carbohydrates stored in your muscles (glycogen) when starting exercise.

It will provide you with extra energy right from the start. Obviously, the glycogen in your muscles is not inexhaustible. Carbohydrates, therefore, should be continuously consumed during exercise in order to maintain a certain quantity in your muscles to provide you with energy during the whole exercise.



Maxim Energy Mix is the ideal carboloader to optimise the glycogen store in your muscles. One portion of 60g provides no less than 58g of high quality carbohydrates! It provides maximal energy to optimise your performance during physical exercise. It is ideal as a carboloader, but also suitable as a supplement to your daily food consumption in order to increase your daily carbohydrate intake.

## How to use

### Before exercise

Use 3 spoons Maxim Energy Mix with your pre-exercise meal and consume this at least 3 hours before you start exercising. You can mix the powder with warm and cold drinks as well as liquid meals such as porridge and yoghurt or liquid additives to meals such as pasta sauce. Dissolve 1 scoop of powder on every 250ml drink or each meal.



If you prefer a liquid meal based on water, mix 3 scoops of powder with 750ml water in a bottle. Shake well until the powder has dissolved. This is a neutral flavoured drink to which, when preferred, a flavour can be added, for example by adding syrup. Consume this carbohydrate rich fluid at least 2 hours before exercise.

### Daily use

Athletes have an increased need for carbohydrates in their daily diet. This means that you have to eat a lot to get a sufficient amount of carbohydrates. With Maxim Energy Mix you can simply add carbohydrates without increasing bulk. You can add carbohydrates to your own needs; one scoop will give you about 20g of carbohydrates.

For example add one scoop to your breakfast, one scoop to your lunch and one scoop to your dinner. This will supply you with 58g carbohydrates extra per day. This equals 4 slices of bread or 3 bananas!

Nutritional Value	Per 100g	Per 60 g
Energy	1650 kJ/388 kcal	989 kJ/233 kcal
Protein	0,01 g	0,006 g
Carbohydrates	96,96 g	58,2 g
- of which sugars	6,70 g	4,0 g
Fat	- g	- g
- of which saturated fat	- g	- g
Fibre	- g	- g
Sodium	- g	- g
Vitamin B1	1,0 mg (71%*)	0,6 mg (43%*)
Vitamin C	30 mg (50%*)	18 mg (30%*)

\* percentage of the RDA (Recommended Daily Allowance)

### Ingredients

Maltodextrin, ascorbic acid (vitamin C), thiamin (vitamin B1).

### Allergens

Contains: -

Not sufficient information available: milk, soy egg.