

# PRODUCT INFORMATION

## PURE CARBS

### BASIC FUNCTIONS

Insulin spike, Anabolic drive, Glycogen replenishment, Energy, Recovery.

Gen-Tec Nutrition provides a high quality medium chain carbohydrate polymer in Pure Carbs. This simple yet effective product is very versatile with many roles and applications. Pure Carbs will induce an insulin spike. Insulin is the most anabolic hormone in the human body. The pancreas secretes insulin when blood sugar levels rise. Being anabolic, insulin will drive nutrients from the bloodstream into muscle cells. Using Pure Carbs with Gen-Tec Creatine 320 and L-Glutamine 320 and Macro Whey will dramatically increase uptake of these proteins, and create an anabolic environment to help with muscle growth and recovery.

Pure Carbs can also be mixed with Macro Whey to increase carbohydrate levels for a complete meal replacement. Pure Carbs will replenish glycogen stores more simply and effectively than other carbohydrate sources. The most rapid rate of glycogen synthesis occurs immediately after exercise. By mixing Pure Carbs in 1 litre of water immediately after training, games and events, recovery time is reduced and energy for your next outing will increase. High quality carbohydrate sources are too often overlooked by athletes, especially post training, where a high insulin spike is necessary to kick start an anabolic drive. Gen-Tec Pure Carbs provides an easy means of ensuring you maximise your recovery and growth.

Use Gen-Tec Pure Carbs prior to training as an energy source, post training for recovery, or throughout the day to increase daily caloric intake.

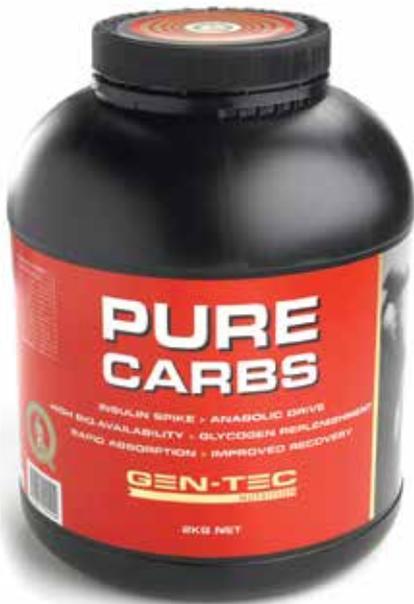
After a training session, blood sugar levels and insulin are low. Too many individuals consume post-training shakes consisting of protein only. In these conditions the ingested protein will be predominantly directed towards oxidative pathways (restoring blood sugar and energy) not muscle growth. By replenishing glycogen stores and spiking insulin, Pure Carbs not only prevents the protein from being oxidised for energy, but it actually helps direct it towards protein synthesis and muscle repair and growth! Also use Pure Carbs in combination with Micronised Creatine Monohydrate to increase insulin levels, which will aid in the transport of creatine to your muscles.

Post training recovery shake for maximum recovery and growth.

- 40g-60g Macro Whey (30-45g protein)
- 40g-80g Pure Carbs
- 5g Creatine
- 5g L-Glutamine

### SIZES

Available in 400g, 2kg, 4kg



Food Safety  
CODEX  
HACCP  
SAI GLOBAL



**GEN-TEC**  
NUTRITION

*100% Australian Owned and Manufactured. Gen-Tec sources the world's finest quality raw materials and use internationally recognised bio chemists to produce leading products that live up to my expectations!*

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