

DIRECTIONS

Within 45 minutes post-workout, mix 1-2 scoops in your water or protein shake. On heavy training days, add 1 scoop of Glyco Surge to your BCAAs for added endurance.*

BENEFITS

- ▶ **Restores Glycogen Levels***
The fast-acting carbs in Glyco Surge helps to restore your muscles' supply of glycogen after an intense workout, while replenishing glucose to promote energy.*
- ▶ **Builds Lean Muscle***
Glyco Surge helps your body receive the energy and fuel it needs in order for you to build lean muscle mass.*
- ▶ **Promotes Recovery***
Glyco Surge contains 37 grams of premium performance carbohydrates per serving to help fuel your body post-workout and provide optimal recovery.*

WARNING: Not intended for anyone under the age of 18. If you are nursing, pregnant, taking medication or have a medical condition, consult your physician before taking this product.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY & DARK PLACE.



WARNING: Consuming this product can expose you to chemicals included lead which is known by the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

40
SERVINGS

ANABOLIC  WARFARE

GLYCO SURGE

PERFORMANCE CARBS



REPLENISHES
Glycogen*



SUPPORTS
Muscle Growth*



BUILDS
Muscle*

NATURAL FLAVOR

DIETARY SUPPLEMENT

NET WT. 56 OZ (3.5 LBS) 1.588 KG

Supplement Facts

Serving Size: 1 Scoop (39.7g)
Servings Per Container: 40

	Amount Per Serving	% DV
Calories	150	
Total Carbohydrate	37 g	14%**
Dietary Fiber	0 g	0%**
Total Sugars	3 g	†
Includes 3 g Added Sugars		6%**
Sodium	30 mg	1%

** Percent Daily Values are based on a diet of 2,000 calories a day.
† Daily Value (DV) Not Established


Other Ingredients: Carbohydrate Blend (Glucose Polymers, Dextrose, Highly Branched Cyclic Dextrin, Waxy Maize, Tapioca Starch), Natural Masking Flavors, Sucralose


MANUFACTURED FOR & DISTRIBUTED BY:
ANABOLIC  WARFARE
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Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

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