

**WAXY MAIZE - NATURAL**

Serving Size: 2 Scoops (45 grams)

Servings per container: about 30

Amount Per Serving % DV

Calories 180

Carbohydrates 45 g 15%

Ingredients: Waxy Maize

Directions: Mix 2 scoops (45 grams) in 16oz of water or juice and consume immediately after training.