

Waxy Maize

**ULTIMATE
NUTRITION®**
The Future of Sports Nutrition®

FULLFILL YOUR MUSCLE'S REQUIREMENT AFTER EXERCISE IN A CORRECT WAY

During training and exercise, body uses carbohydrate as the major fuel source for energy. Muscles contain glycogen which they use as an energy source during exercise, thereby, depleting glycogen stores in muscles. Depleted glycogen stores triggers protein breakdown for energy purpose which means going in a backward direction in the process of gaining muscle mass. Here arises the need to replenish your muscle glycogen stores in order to spare proteins. This can be done by supplementing yourself with an appropriate carbohydrate source after workout.

DOES A CARB SUPPLEMENTATION AFTER WORKOUT FAVOURS FAT DEPOSITION ?

No, not at all. Body requires every nutrient in desired amounts for proper functioning. A body deprived of carbohydrate will use protein as an energy source depleting muscle mass in the body. A protein carbohydrate ratio of about 1: 2 is the most desirable in muscle mass gaining. Thus a proper amount of carbohydrate plays a positive role in building and strengthening your muscles. Ultimately boosting yourself with carbohydrate after workout is of extreme importance. But the type and source of carbohydrate selected should be correct. A wrong selection of carbohydrate post workout may lead to fat deposition. A fast absorbing carbohydrate is suitable for this purpose.

Be smart enough in selecting your post work out carbohydrate supplement as a wrong selection may give depressing results. While purchasing don't get fooled by the advertising tricks but check for the contents and look for the type of carbohydrate.

Like **ULTIMATE NUTRITION'S WAXY MAIZE** which can be considered as a smart carbohydrate as it is absorbed much faster (faster than maltodextrin and dextrose) and bypass the stomach and directly enter the small intestine for immediate absorption in muscles. Relives you from post workout fatigue by filling the depleted muscle glycogen stores.

Feed your muscles with nutrient you need the most after workout because
"GLYCOGEN GOING IN STARVED MUSCLE = INCREDIBLE RESULTS"



www.ultimatenutritionindia.com