

# Maltodextrin PRO

PURE HIGH-QUALITY MALTODEXTRIN

UNFLAVORED

- Pure Carbohydrate supply in the form of Maltodextrin
- Instant dissolution with no sedimentation
- Maximum absorption and digestibility
- Certified anti-doping by Informed-Sport
- Suitable for Vegans and Allergen-Free



**Maltodextrin PRO** is a high-quality powdered sports drink that provides carbohydrates in the form of Maltodextrin. This nutrient is essential for improving performance during both long-duration and/or high-intensity training sessions and competitions.

As it is a maltodextrin derived from corn, it is gluten-free, contains no allergens and is suitable for vegans.

## What is Maltodextrin?

Maltodextrin is a **rapidly absorbed complex carbohydrate** obtained from starch. In sports nutrition, it is used as an **efficient source of energy**, especially during situations of **intense or prolonged physical effort**.

Thanks to its **rapid digestion and low osmolality**, it provides energy without causing gastrointestinal discomfort, making it an ideal option for athletes of all levels.

## Why use Maltodextrin as a glucose source instead of others?

According to current scientific literature, it appears to be the best source when the goal is high efficiency in the use of exogenous glucose, especially when high carbohydrate intake is required in small volumes.

By using it, maximum oxidation of exogenous carbohydrates is achieved compared to other glucose sources such as cyclodextrin (Cluster Dextrin®) or isomaltulose (Palatinose®).

In addition to its high energy efficiency, using maltodextrin instead of glucose as the primary glucose source is also related to its more favorable osmotic properties. Being a larger molecule, it reduces the osmolality of the mixture, minimizing possible gastrointestinal discomfort that may occur when consuming high amounts of carbohydrates during physical effort (Rowlands, D.S. et al., SM. 2022). However, **not just any maltodextrin will do**. Among the wide range available within this raw material—far more wi-

dely used in the food industry than in sports nutrition—we always work with maltodextrins around DE 20 (± 5).

## Why use Maltodextrin DE 20 instead of others?

Because the number of glucose units is ideal—neither too large nor too small—achieving an appropriate rate of energy supply and improved osmotic properties compared to using glucose alone, dextrans or other maltodextrins with fewer than 10 glucose units.

In **conclusion**, in terms of energy efficiency, both glucose and maltodextrin are similar, so either could be used. However, from an osmotic standpoint (avoiding gastrointestinal issues), maltodextrin is more favorable.

Additionally, from an organoleptic perspective, maltodextrin contributes almost no taste, whereas glucose is sweeter, which in many cases is not desirable.

## Perfect Dissolution!

We have been extremely meticulous in this aspect. After selecting the best raw material, we achieved perfect dissolution—within just one minute your drink is ready.

## No Flavor!

With the goal of achieving maximum effectiveness both energetically and gastrointestinally, we developed this high-purity product with no flavor.

It contains no flavorings, preservatives, sweeteners, colorants, or any other additives—it is 100% pure corn maltodextrin.

And without forgetting that **Maltodextrin PRO** is 100% safe, thanks to its **Informed-Sport anti-doping certification**.

**Ingredients:** Maltodextrin (always around DE 20).

**Directions for Use:** Add 32 g of product (approximately one heaped scoop) to 500 ml of water and shake well until dissolved. This provides a drink containing 30 g of carbohydrates in a 6.4% solution.

**Professional tips:**

- **If the environment is very hot and/or humid:** To maintain proper hydration, an additional intake of electrolytes is required. It is recommended to consume approximately 1 capsule of PRO Salt Caps every 60 minutes (1 h) of physical activity.

**Available flavours:** Unflavored

**Available formats:** 1,280 g jar (40 servings).

NUTRITIONAL INFORMATION	Per 100 g	Per 32 g
Energy	1.615 kJ 380 Kcal	517 kJ 122 Kcal
Fat	0 g	0 g
• of which sat. fatty Acids	0 g	0 g
Carbohydrates	95 g	30 g
• of which Sugars	7,1 g	2,3 g
Protein	0 g	0 g
Salt	0,02 g	0 g




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Alto Rendimiento Deportivo

