



HIGH CARB FUEL

MAXIMIZE YOUR FUEL | PUSH PAST YOUR LIMITS

HIGH CARB FUEL

PURPOSE-BUILT FOR HIGH-INTENSITY EFFORTS, HIGH CARB FUEL DELIVERS 90 GRAMS OF CARBS PER SERVING IN THE SCIENCE-BACKED 2:1 GLUCOSE-TO-FRUCTOSE RATIO. HIGH CARB FUEL IS BALANCED WITH COMPLETE ELECTROLYTES TO MAXIMIZE ENERGY ABSORPTION AND MINIMIZE GUT DISTRESS.

90G CARBS

MAXIMIZED CARBOHYDRATES WITH A 2:1 GLUCOSE TO FRUCTOSE RATIO, DELIVERING INCREASED ENERGY WHEN YOU NEED IT MOST.

EFFORTLESS MIXING, GREAT TASTE

HIGH-QUALITY INGREDIENTS ENSURE A CLEAN, REFRESHING TASTE THAT'S EASY TO MIX, ALLOWING ATHLETES TO FOCUS ON THEIR PERFORMANCE. JUST POUR, SHAKE, GO!

COMPLETE ELECTROLYTES

DIALED ELECTROLYTE PROFILE TO KEEP ATHLETES FUELED AND HYDRATED THROUGHOUT THEIR TOUGHEST EFFORTS.

PUSH PAST YOUR LIMITS

FORMULATED TO BOOST PERFORMANCE, REDUCE PERCEIVED EXERTION, AND REDUCE MUSCLE DAMAGE, SO ATHLETES CAN PUSH HARDER AND ACHIEVE GREATER RESULTS

NUTRITION FACTS AT A GLANCE

360
CALORIES

90^G
CARBS

680^{MG}
SODIUM

190^{MG}
POTASSIUM

60^{MG}
CALCIUM



HIGH CARB FUEL **OR** **ENDURANCE FUEL**



INTENDED FOR HIGH INTENSITY EFFORTS WHEN MAXIMIZING ENERGY UPTAKE IS CRITICAL

360
CALORIES

90_g
CARBS

ENERGY IS PROVIDED BY NON-GMO GLUCOSE (DEXTROSE & MALTODEXTRIN), & CANE SUGAR (FRUCTOSE)

GUT TRAINING REQUIRED

COMPLETE ELECTROLYTES



INTENDED FOR SUSTAINED LONG DURATION EFFORTS OVER ONE HOUR IN LENGTH

200
CALORIES

50_g
CARBS

ENERGY IS PROVIDED BY NON-GMO GLUCOSE (DEXTROSE) & CANE SUGAR (FRUCTOSE)

EASILY ABSORBED WITHOUT GUT TRAINING/VERY LOW GI RISK

COMPLETE ELECTROLYTES

FAQ

Q: WHAT ARE THE BENEFITS OF HIGH CARB INTAKE?

A: Carbohydrates = energy. When done properly, taking in 90+ grams of carbs per hour can deliver increased energy, reduce perceived exertion and lower markers of muscle damage so you can push harder, for longer.

Q: WHEN SHOULD I USE HIGH CARB FUEL?

A: Use High Carb Fuel during high intensity training and racing when you need to sustain a high effort rate.

Q: HOW DO I USE HIGH CARB FUEL?

A: Mix one packet with 16-24oz (500-750ml) of water, shake and go! Sip regularly over one hour. High Carb Fuel can also be mixed at the lower range of the water recommendation in a more concentrated form. If using it as a concentrate, make sure to drink plenty of water in addition to your High Carb mixture.

Q: WHY DO I NEED TO TRAIN MY BODY TO ABSORB HIGH CARB FUEL?

A: The typical limit for carbohydrate absorption without training your gut is around 60g per hour. To avoid GI distress, we recommend slowly increasing your carbohydrate intake over a period of several weeks. Think of it as building to a peak for your most important events, just like you do in training.

Q: WHAT ARE THE CARBOHYDRATES IN HIGH CARB FUEL?

A: High Carb Fuel contains glucose (dextrose & maltodextrin) and fructose. Glucose and fructose are simple sugars which absorb quickly, while maltodextrin provides additional glucose and minimizes sweetness. This formula provides a pleasant flavor profile, mixes easily in water and with no clumping!

Q: HOW DO I TRAIN MY BODY TO ABSORB 90G OF CARBOHYDRATES PER HOUR?

A: We recommend using the timeline to increase your tolerance for carbohydrates. Train with High Carb Fuel during your high intensity training sessions and workouts that mimic the event you are training for. For lighter or recovery workouts, stick with Rapid Hydration or Endurance Fuel.

ONE PACKET OVER

WEEK ONE	90 MINUTES
WEEK TWO	80 MINUTES
WEEK THREE	70 MINUTES
WEEK FOUR	60 MINUTES

Q: CAN I MIX HIGH CARB FUEL WITH OTHER PRODUCTS TO INCREASE THE SODIUM CONTENT?

A: Tailwind High Carb Fuel contains 680mg of sodium per serving which should be enough, even for heavy sweaters. We recommend increasing water intake before adding more electrolytes to maintain the balance between water and electrolytes in your bloodstream.

HIGH CARB **COMPARISON**

TAILWIND HIGH CARB FUEL

360
CALORIES **90G**
CARBS **PER**
SACHET

SODIUM: 680MG
CALCIUM: 60MG
POTASSIUM: 190MG
MAGNESIUM: 25MG

\$3.99/SACHET

SKRATCH SUPER HIGH-CARB

200
CALORIES **50G**
CARBS **PER**
SACHET

SODIUM: 200MG
CALCIUM: NONE
POTASSIUM: NONE
MAGNESIUM: NONE

\$3.25/SACHET

MAURTEN DRINK MIX 320

320
CALORIES **80G**
CARBS **PER**
SACHET

SODIUM: 245MG
CALCIUM: NONE
POTASSIUM: NONE
MAGNESIUM: NONE

\$4.20/SACHET

NEVER SECOND C90 DRINK MIX

360
CALORIES **90G**
CARBS **PER**
SACHET

SODIUM: 200MG
CALCIUM: NONE
POTASSIUM: NONE
MAGNESIUM: NONE

\$4.75/SACHET