

# PureCarb

**solace**  
NUTRITION

PureCarb is a soluble carbohydrate powder comprised of a unique blend of simple and complex carbs with only 8% sugar and 92% complex carbohydrates. It provides rapid absorption with a combination of fast acting and extended energy production - all without the crash.



## ADVANTAGES

- Allergen tested at No Detectable Limit (NDL) for eggs, dairy, fish, crustacean, soy, corn, gluten, tree nuts, and peanut
- Negligible protein or fat levels
- Promotes good gut bacteria
- Well-tolerated without gastrointestinal issues such as bloating or cramping; particularly at High dosage levels up to 0.4g/kg of bodyweight
- Better absorbed and lower burden on kidney function
- Displacement factor of 1.05 mL/g
- Lower osmolality (50 mOsm/Kg for 10% solution) and lower potential renal solute (2.7 mOsm/L)

## What makes PureCarb different?

Unlike most energy carbohydrate powders, PureCarb is not made from maltodextrin. This allows for a low-glycemic response and low blood sugar spikes, along with avoiding high and low blood glucose levels experienced in lower quality carbohydrate sources.