



CARBOHYDRATE LOADING NUTRITIONAL SUPPLEMENT

Coconut Lime Flavor
Powdered Drink Mix



Anesthesiologist Recommended

Anesthesiologist Society Guidelines recommend clear fluids be consumed up to 2 hours before elective surgery.



Highlights:

- Complex Carbohydrate Drink
- Clear Fluid
- Optimal Osmolarity
- Follows ERAS® Guidelines



NSF Certified for Sport®

Lab tested and certified for quality, purity and patient safety.

BENEFITS:

- **Faster Recovery**
- **Improve Patient Care**
- **Increase Muscle Strength**
- **Improve Lean Body Mass**
- **Support Wound Healing**
- **Reduce Infection**

Ljungqvist JAMA Surgery. 2017
Henriksen Acta Anaesthesiol Scand. 2003
Noblett Colorectal Dis. 2006
Yuill Clin Nutr. 2005
Ackerman 2018



Supplement Facts		
Serving Size: One Pouch (53g)		
Servings Per Container: 1		
	Amount Per Serving	%Daily Value*
Calories	200	
Total Carbohydrates	50 g	18%*
Total Sugars	2 g	↑
Includes 2 g Added Sugars 3%*		
Sodium	50 mg	2%

*The % Daily Value tells you how much a nutrient in a contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Daily Value(DV) not established.

Ingredients:
Maltodextrin,
Silicon Dioxide,
Natural Flavors,
Citric Acid,
Stevia Leaf Extract.

REDUCES:

- **Insulin Resistance**
- **Thirst & Hunger**
- **Nausea & Vomiting**
- **Length of Stay**
- **Anxiety & Stress**
- **Protein Loss**

Nygren Clin Nutr. 1998
Brady Cochrane Database System Rev. 2003
Hausel Anesth & Anal 2001
Hausel Br J Surg 2005
ERAS Compliance Group Ann Surg 2015
Svanfeldt Br J Surg 2007





2x the night before surgery
1x 2-3hrs prior to surgery

EVIDENCE-BASED RESEARCH RECOMMENDS CARBOHYDRATE LOADING AS AN ALTERNATIVE TO PREOPERATIVE FASTING



xrscience.org

Avoid Fasting

Advances in recent research indicate that pre-op fasting can leave patients ill-prepared to cope with the stress of surgery, which increases their vulnerability to surgical infection, extended hospital stay, and muscle atrophy.



Reduce Metabolic Stress

Consuming complex carbohydrates prior to surgery can help maintain the body's fed state and mitigate the surgery-induced stress response (insulin resistance).



Energy Endurance Support

Providing sustained energy utilizing maltodextrin shifts the body to a metabolically nourished state. Similar to an athlete preparing for a competitive event, the goal of carbohydrate loading is to be optimally fueled to face the stress of surgery.

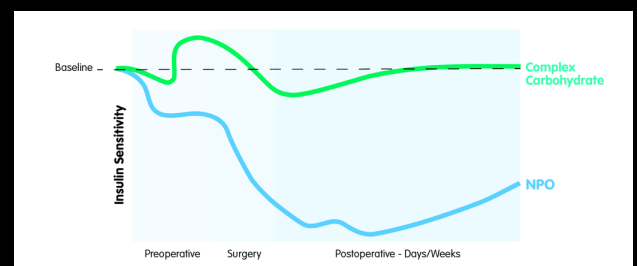
Diabetic Recommendations

Carbohydrate loading has been shown to be safe in well-controlled diabetics, without increased risk of aspiration or complications. Type 1 diabetics and uncontrolled diabetics are generally not recommended for carbohydrate loading.

GLYCEMIC CONTROL

Carbohydrate loading has been found to decrease insulin resistance, decrease nausea and vomiting, optimize glucose control and support improved wound healing postoperatively.

The Enhanced Recovery After Surgery (ERAS) protocol prioritizes patient outcomes and recovery through minimizing perioperative stress, incorporating carbohydrate loading as a key component of this approach.



Ljungqvist Rhoads JPEN 2012