Product Description	BLACK OPS 44 CAPSULES
Ingredients List	Microencapsulated Caffeine, Taurine, Cayenne, Choline, Green tea, Theobroma Cacao, Blue green algae, Niacin, Bioperine, B6, Chromium, Microcrystalline Cellulose, Bulking Agent (Magnesium Stearate), Gelatin capsule (Purified Water, Colours, Brilliant Blue, Beetroot Red,) Titanium Dioxide.
Allergen Statement	Capsules Certified Halal and Kosher. Not suitable for vegetarians.
Net Quantity	44 caps
Storage Instructions	Store in a cool, dry place. Store out of the reach of children.
Instructions for Use	Take 2 capsules on an empty stomach upon waking with water. Take 2 capsules 30 minutes prior to lunch with water. To assess tolerance consume 1 capsule twice per day for the first 7 days. For an explosive workout, take 2 capsules prior to training. Drink at least 8 glasses of water per day.
Origin/Provenance	UK
Nutrition Information	Niacin: (Nicotinic Acid) 15mg (94% Reference Intake) B6: (Pyridoxine) 5mg (357% Reference Intake) Chromium: 20mcg (50% Reference Intake) Microencapsulated Caffeine: (1,3,7-trimethylxanthine) 295mg Taurine: (2-aminoethanesulfonic acid) 275mg Cayenne: (Capsicum Annuum) 250mg Choline: (2-Hydroxy-N,N,N-trimethylethanaminium) 220mg Green tea: (Epigallocatechin, Epicatechin Gallate, Gallate, Epicatechin) 100mg Theobroma Cacao: (50% flavonols) 100mg Blue green algae: (Aphanizomenon flos-aquae) 20mg Bioperine: (1-Piperoylpiperidine) 5mg
Nutrition Claims	High in B3, B7, Chromium
Health Claims	
Marketing Claims	

WARNINGS	WARNING; Not for use by individuals under the age of 18. Consult a physician or healthcare professional before using this product if you have any medic al concerns / allergies. DO NOT USE if you are pregnant or lactating. DO NO T consume this product if you suffer from high blood pressure or are using any other prescribed medication. DO NOT consume more than 2 capsules at a time. HIGH CA FFEINE CONTENT - 295MG PER SERVING. NOT RECOMMENDED FOR CHILDREN OR PREGNANT WOMEN. Avoid consuming t h is product less than 6 hours prior to sleeping. Reduce or discontinue using this product if you feel unwell after consuming and s eek medical advice. DO NOT consume this product in conjunction with any other product containing caffeine or other stimulants. Brilliant Blue and Beetroot Red may have an adverse effect on activity and attention in children. This food supplement should not be used as a substitute for a varied diet. NOTE FOR TESTED ATHLETES; please consult your specific federation before use.