Product Description	51 CALIBRE 20 TUB 232G LEMON BLAST
Ingredients List	Creatine Monohydrate, Beta Alanine, Citrulline Malate, Glycerol, Acid (Citric Acid), Theobroma Cacao Seed, Arginine, BCAA Blend (L-Leucine, L-Valine, L-Isoleucine), Potassium Bicarbonate, Flavouring, Caffeine, Taurine, Beetroot Extract, Sodium Bicarbonate, Green Tea Extract, Glucuronolactone, American Ginseng, L-Tyrosine, Sweetener (Sucralose), Bitter Orange Powder, Niacin (Nicotinic Acid), Folic Acid. Suitable for vegetarians
Allergen Statement	n/a
Net Quantity	232G
Storage Instructions	Keep out of reach of children. Store in a cool dry place.
Instructions for Use	Initial Single Serving Dosage: Mix half scoop (11.6g) with 150 to 250mL of cold water and stir or shake. Consume .50 Calibre® approximately 30 minutes before training. Maximum Performance Dosage: For those who have previously used pre-workout formulas and want the most dramatic results, mix one level scoop (23.2g) with 300 to 500mL of cold water and stir or shake. Consume .50 Calibre® approximately 30 minutes before training. Drink at least 8 glasses of water per day. DO NOT exceed one scoop of .50 Calibre® per day.
Origin/Provenance	UK

Nutrition Information	Nutrition Information Per 100g Per Serving (11.6g) %RI Energy KJ 905 (105) Kcal 216 (25) Fat 2.6g (0.3g) of which saturates 1.8g (0.2g) Carbohydrates 21.6g (2.5g) of which sugars 6g (0.7g) of which polyols 13g (1.5g) Fibre <0.5g (0g) Protein 23.7g (2.75g) Salt 521mg (60mg) Niacin (Nicotinic Acid) 172mg (20mg) NE 125% Folic acid 1.3mg (150mcg) Also Provides Per Serving (11.6g) .50Calibre® PowerDeliverySysterm(5,370mg): Creatine Monohydrate (N-Amidinosarcosine) 1,520mg Beta Alanine (3-aminopropanoic acid, H+ Neutralization amino acid) 1,500mg Citrulline Malate (2-Amino-5-(carbamoylarnino) pentanoic acid) 1,500mg Arginine (2-Anino-5-guanidinopentanoic acid) 500mg Taurine (2-aminoethanesulfonic acid) 250mg American Ginseng (Panax Quinquefolius.) 100mg NutriPump Formula (1,850mg): Glycerol (1,2,3-trihydroxypropane) 1,500mg Beetroot Extract (Beta Vulgaris; nitrate rich) 250mg Glucuronolactone 100mg AdrenoPump Oxygen Delivery Formula: (1,330mg) Theobroma Cacao Seed (rich in flavanols) 800mg Caffeine (1,3,7-trimethylxanthine) 275mg Green Tea 125mg (Epigallocatechin Gallate, Epigallocatechin, Epicatechin Gallate, Epicatechin) L-Tyrosine (4-hydroxyphenylalanine) 80mg Bitter Orange Powder 50mg Lactic Acid Buffer Formula (500mg):

	Potassium Bicarbonate 300mg Sodium Bicarbonate 200mg 2:1:1 BCAA Muscle Defence System (400mg): BCAA blend (L-Leucine, L-Valine, L-lsoleucine [2:1:1 ratio]) 400mg
Nutrition Claims	Explosive Energy*, Strength** and Endurance
Health Claims	*Niacin contributes to normal energy yielding metabolism. Niacin and Folic Acid Contributes to the reduction in tiredness and fatigue. **Creatine increases physical performance in successive bursts of short-term, high intensity exercise when a daily intake of 3g of Creatine is taken. ***Per Pack
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 allergies, medical conditions or are taking any medication. High Caffeine Content - 137mg per 100mL. Not recommended for children, pregnant or lactating women. This amount of Nicotinic acid may cause skin flushes in sensitive individuals. Contains glycerol; excessive consumption may produce laxative effects. DO NOT consume this product if you suffer from high blood pressure. DO NOT consume within 4-6 hours of intended sleep. Reduce or discontinue use of this product if you feel unwell after consuming and seek medical advice. DO NOT use this product in conjunction with any other product containing caffeine or other stimulants. Store in a cool, dry place away from strong light and odours. Store out of the reach of children. This product is intended for use by adults. DO NOT exceed recommended dosages. Food supplements should not be used as a substitute for a varied diet. Note for tested athletes: please consult your specific federation before use.