



CAFFEINE

- Restore Mental Alertness*
- Energize Your Workouts*

Caffeine Anhydrous



The benefits of supplementing Caffeine are numerous, including improved strength and mental clarity, an increase in focus, improved energy levels and the promotion of fatty acid oxidation. Our 200 mg caffeine pills is equivalent to one large, strong cup of coffee.

The Thermogenic Benefit - When it enters the body, it induces a fat-releasing effect called lipolysis, in which fat molecules within fat stores are cleaved into free fatty acids (FFAs) and glycerol. As a result, you have a bunch of liberated FFAs shooting around in your body that can be used to fuel your workout. Combining caffeine supplementation with a good training session, increases fatty acid oxidation and promotes fat burning!

Improve Strength - Caffeine and muscle growth have been highly correlated in recent studies. Caffeine is a very popular ingredient in many pre-workouts, and with good reason. It not only raises adrenaline it also stimulates the Central Nervous System (CNS), allowing you to push even harder and delaying your time to exhaustion. Simply put, caffeine increases your pain threshold, making lifts feel easier, lowering your perceived level of effort, and can help you lift heavier and smash some pretty decent PRs!

Improve Mental Clarity & Increase Focus - Numerous studies point to the positive effect of caffeine on tasks related to alertness. There are also significant results related to vigilance and reaction time. One study demonstrated the effect of increased physical performance of run times and obstacle course completion times when caffeine was consumed prior to activity.

Supplement Facts

Serving Size 1 tablet
Servings Per Container 100

Amount Per Serving	% Daily Value
Caffeine 200 mg (as Caffeine Anhydrous)	†

† Daily Value not established.

OTHER INGREDIENTS: Dicalcium phosphate, microcrystalline cellulose, vegetable magnesium stearate, croscarmellose sodium.

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* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.