

Nutrition Information

Serving size: 2 tablets

Servings per container: 50

Amount per serving		NRV%*
Calcium	500 mg	63%
Guarana	900 mg	

Standardized for caffeine content. One serving contains 198 mg of caffeine.

*NRV%: nutrient reference value.

Ingredients: Calcium carbonate, Paullinia cupana (Seed) 3-5:1 extract, Firming Agents (Microcrystalline Cellulose, Colloidal Silicon Dioxide), Raising Agents (Talc, Magnesium Stearate).

Directions: Take 2 tablets about 30 minutes before training or any activity per day.