

## MAXIMUSCLE – CAFFEINE

- 100mg Caffeine, per tablet
- Pre-exercise support
- 100 Tablets per pot
- Suitable for Vegans



## PRE-WORKOUT SUPPORT FOR ACTIVE INDIVIDUALS



SUITABLE FOR VEGANS



## WHAT IS IT?

Maximuscle Caffeine tablets provide a pre-workout caffeine boost. Caffeine is an ergogenic aid that helps stimulate alertness and concentration, helping you mentally prepare for physical exertion.

## WHAT MAKES IT DIFFERENT?

Maximuscle Caffeine tablets provide an effective 100mg of caffeine in every tablet.

## HOW WILL IT HELP ME?

Maximuscle caffeine offers you a stimulating kick that will help take your focus and training to the next level.

## WHEN SHOULD I USE IT?

Take 1-2 tablets 30-45 minutes before training. Avoid using caffeine tablets in the late afternoon. The maximum single dose of caffeine is 200 mg or 2 tablets. Consume no more than 400 mg of caffeine in your total diet, per day.

## INFORMED-SPORT

The entire Maximuscle range is screened for banned substances and is accredited on the Informed-Sport programme.

## KEY NUTRITIONALS

### TYPICAL VALUES

TAKE 1-2 TABLETS PER DAY

Per tablet

Caffeine

100 mg