

Caffeine Gold 50 mg

DIETARY SUPPLEMENT



Caffeine is a substance that occurs naturally in the beans, leaves, or fruits of more than 60 different plants, including coffee beans, cocoa beans, and tea leaves. Caffeine is used around the world for its stimulating effect. Caffeine Gold 50 mg contains the most effective form of caffeine – caffeine anhydrous.

Improves performance

Caffeine Gold 50 mg is ideal to take before a training session or competition. Use of a caffeine supplement can help athletes push themselves harder during physical activity. Caffeine reduces the feeling of fatigue during exercise¹. In addition, caffeine supports endurance¹ and helps to increase concentration and alertness. These effects can benefit almost any athlete.

Benefits of caffeine tablets

Our caffeine tablets make it easy for you to determine your individual caffeine intake. Caffeine Gold 50 mg is carefully formulated under controlled conditions. This ensures that the dose is always the same. When you drink coffee, for instance, the amount of caffeine per cup varies, which means that you never know precisely how much you are consuming. In addition, the convenient capsule form means that you don't taste the bitter flavour of the caffeine.

NZVT Certified

Caffeine Gold 50 mg is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore dis-

plays the NZVT logo. Caffeine Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans.

Recommended use

Take two to six capsules with plenty of water 30 to 60 minutes before exercise. The general recommendation is to take 3–6 mg of caffeine per kilogram of body weight. Given that the optimal amount of caffeine varies from person to person, we recommend that you test this during training sessions. Start with one or two capsules and increase the dosage if required. Quantities above 6 mg of caffeine per kilogram of body weight do not provide additional benefits and are not recommended.

Caffeine and sleep

Caffeine can have a negative impact on sleep because of its stimulating effect. If you are susceptible to this problem, pay attention to how much Caffeine Gold 50 mg you use and the times that you use it.

Health Claims

- Easy to dose
- Increases concentration and alertness¹
- Supports endurance¹
- Reduces the feeling of fatigue during exercise¹

Composition per vegetarian capsule

Ingredient	Quantity	% RI	Compound
Caffeine	50 mg	*	
RI = Reference intake / * RI not determined			

¹ Health claims pending European recognition. Beneficial effects are achieved with a minimum intake of 75 mg of caffeine.



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