

GUARANA-BASED FOOD SUPPLEMENT



Nutritional Information

	Per Daily Dose (4 Tablets)
Guarana seed powder	3.2 g
of which: caffeine	128 mg

Ingredients:

Guarana seed powder (*Paullinia cupana*) 78.4 %, bulking agent (calcium carbonate), anti-caking agents (fatty acids, silicon dioxide, magnesium salts of fatty acids), thickeners (arabic gum, sodium carboxy methyl cellulose, guar gum), tablet coating [glazing agents (hydroxyl propyl methyl cellulose, shellac), thickeners (microcrystalline cellulose, fatty acids)].

For up-to-date ingredient list & nutritional values please refer to the label on the product.

Energy, Sports & Fitness

NRG tablets contain caffeine from guarana to help support alertness and helps reduce the feeling of mental fatigue.

KEY BENEFITS

- Guarana, blended with orange pekoe, a traditional black tea with a fine and rich flavour
- Contains 32 mg of caffeine from Guarana.

HOW CAN IT HELP YOU?

Throughout the day, there may be times when you feel like you just can't concentrate anymore. When mental fatigue sets in, it can be challenging to stay alert and focused. Supplementing with guarana may be a good option to help keep you focused and energised.

USAGE

Take two to four tablets each day.

Guarana is a shrub native to South America, it has been used for centuries by Amazon Indians for its caffeine content.



ALSO TRY

H³O Pro™, a great tasting, carbohydrate-electrolyte drink that's ideal for sports & exercise.

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