

CAFFEINA SUPREMA®

FOOD SUPPLEMENT BASED ON CAFFEINE (200 MG / DAILY DOSE)
WITH EXTRACT OF GALANGA, TAURINE & VITAMINS



FATIGUE & CONCENTRATION



PACKAGING: 30 FILM-COATED TABLETS OF 1144 MG

RECOMMENDED FOR

- Those who need to manage fatigue and concentration
- Those looking for greater mental clarity
- Those who need an energy boost, thanks to caffeine and taurine
- Those having to face activities that demand a lot of effort

- 200 MG OF CAFFEINE PER DOSE, GRADUAL-RELEASING
- WITH NEWCAFF™, MICROENCAPSULATED CAFFEINE WITH GRADUAL RELEASE
- WITH ENXTRA®, ALPINIA GALANGA EXTRACT, FOR A SYNERGIC EFFECT WITH CAFFEINE!

- WITH TAURINE, USEFUL DURING ACTIVITIES THAT DEMAND A LOT OF EFFORT^{2,3} & INTENSE USE OF FATS^{4,5}
- WITH THIAMINE, RIBOFLAVIN & NIACIN, FOR A HEALTHY ENERGY METABOLISM
- WITH VITAMIN C, USEFUL FOR REDUCING TIREDNESS & FATIGUE

CHARACTERISTICS

Caffeine Suprema® is a food supplement with an innovative formula combining free-form caffeine and microencapsulated caffeine (NEWCAFF™ microcapsules), for gradual release. Caffeine (200 mg / daily dose) helps increase mental clarity and improve concentration. The formula also contains taurine, vitamins and galanga extract. EnXtra® (concentrated extract of Alpinia Galanga) performs a highly synergistic action when taken with caffeine¹. Studies attribute to this association a beneficial action on concentration and mental clarity, with a constant, prolonged effect¹. Taurine is an amino acid that is particularly useful during intense activities involving a lot of effort, fatigue^{2,3} and the use of fats for energy purposes^{4,5}. Vitamin C and niacin help reduce tiredness and fatigue, and, together with thiamine and riboflavin, contribute to a healthy energy metabolism.

INDICATIONS

Specific product to support intense, prolonged activities, particularly for optimal management of fatigue and concentration.

RECOMMENDED DAILY DOSAGES

Take 1 pill per day, preferably in the morning, or just before intense activity.

INGREDIENTS

Bulking agent: cellulose; caffeine, galangal (Alpinia galanga (L.) Willd.) rhizome dry extract (EnXtra®), L-ascorbic acid (vitamin C), taurine, microencapsulated caffeine (NEWCAFF™ microcapsules) [caffeine 75%, glazing agent: mono and diglycerides of fatty acids], filming (coating agents: polyvinyl alcohol, shellac, polyethylene glycol, talc; dye: iron oxides and hydroxides), nicotinamide (niacin), anti-caking agents: magnesium salts of fatty acids, silicon dioxide; riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1).

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WHEN TO USE CAFFEINA SUPREMA®



WARNINGS: Do not exceed the recommended daily dose. Keep out of the reach of children under 3 years of age. Food supplements are not intended as a substitute for a varied and balanced diet and a healthy lifestyle. Contains caffeine (200 mg / daily dose). Not recommended for children or during pregnancy or breastfeeding. It is recommended to not exceed a daily intake of 400 mg of caffeine, from all sources. Do not take the product before going to bed, in the hours immediately preceding sleep, or in conjunction with alcohol.

STORAGE: Store in a cool and dry place, away from direct sunlight and heat sources. The expiry date refers to the product properly stored in intact packaging. Dispose of responsibly after use.

*The product has been tested free of Nandrolone and Testosterone and their precursors, and free of Amphetamines and Ephedrines.

TYPICAL VALUES

	Per 1 cpr	%NRV 1 cpr
Caffeine	150 mg	-
Microencapsulated caffeine (NEWCAFF microcapsules) of which Caffeine	66,67 mg 50 mg	- -
Galanga dry extract	150 mg	-
Taurine	100 mg	-
Vitamin C	100 mg	125%
Thiamine (Vitamin B1)	1,1 mg	100%
Riboflavin (Vitamin B2)	1,4 mg	100%
Niacin	32 mg	200%

NRV: Nutrient Reference Values (adults), as per Reg. EU 1169/2011

BIBLIOGRAPHICAL REFERENCES

- 1) Shalini Srivastava, Mark Mennemeier & Surekha Pimple (2017) Effect of Alpinia galanga on Mental Alertness and Sustained Attention With or Without Caffeine: A Randomized Placebo-Controlled Study, Journal of the American College of Nutrition
- 2) Jeukendrup AE, Randell R. Fat burners: nutrition supplements that increase fat metabolism. Obes Rev. 2011 Oct;12(10):841-51.
- 3) Rutherford et al. The effect of acute taurine ingestion on endurance performance and metabolism in well-trained cyclists. Int J Sport Nutr Exerc Metab. 2010 Aug;20(4):322-9
- 4) Warskulat et al. Taurine transporter knockout depletes muscle taurine levels and results in severe skeletal muscle impairment but leaves cardiac function uncompromised. FASEB J. 2004 Mar;18(3):577-9.
- 5) Yatabe et al. Effects of taurine administration in rat skeletal muscles on exercise. J Orthop Sci. 2003;8(3):415-9.