

CAFFEINA SUPREMA®

CAFFEINE-BASED DIETARY SUPPLEMENT WITH GALANGA EXTRACT, TAURINE, THEANINE, AND VITAMINS

CAFFEINE 200MG/DOSE



FATIGUE AND CONCENTRATION



- 200 MG OF **CAFFEINE** PER DOSE, WITH MODULATED RELEASE

- WITH **NEWCAFF™** MICROENCAPSULATED CAFFEINE FOR PROGRESSIVE RELEASE

- WITH **ENXTRA®** GALANGA EXTRACT FOR SYNERGISTIC EFFECT WITH CAFFEINE

- WITH **THEANINE** TO SUPPORT MENTAL ALERTNESS AND COGNITIVE PERFORMANCE

- WITH **TAURINE**, USEFUL IN ACTIVITIES REQUIRING FATIGUE AND INTENSE FAT UTILIZATION

- WITH **THIAMINE**, RIBOFLAVIN, AND NIACIN FOR NORMAL ENERGY METABOLISM

- WITH **VITAMIN C** TO HELP REDUCE TIREDNESS AND FATIGUE



PACKAGING: 30 CAPSULES

RECOMMENDED FOR

- For those who need to manage fatigue and concentration.
- For those looking for mental clarity.
- For those who need extra energy, thanks to caffeine and taurine.
- For those facing activities that require high effort and endurance.

WHEN TO USE CAFFEINA SUPREMA®



WARNINGS: Do not exceed the recommended daily dose. Keep out of reach of children under 3 years old. Dietary supplements should not be considered as substitutes for a balanced and varied diet and a healthy lifestyle. Contains caffeine (200 mg per dose). Not recommended for children and during pregnancy and breastfeeding. It is recommended not to exceed 400 mg of caffeine per day from all sources. Do not take the product before bedtime or just before sleeping, or in conjunction with alcohol. Produced in a facility that uses milk-based ingredients (including lactose), soy, peanuts, other nuts, sesame seeds, eggs, shellfish, and fish.

STORAGE

Store in a cool, dry place, protected from direct sunlight and localized heat sources. The minimum shelf life refers to the product stored correctly in an unopened package. Do not dispose of the product in the environment after use.

*The product is tested to be free of anabolic steroids, stimulants, and SARMS. NEWCAFF™ is a trademark of Lipotec S.A. or its affiliated companies.

FEATURES

Caffeina Suprema® is a dietary supplement with an innovative formula combining free caffeine and microencapsulated caffeine (NEWCAFF™ microcapsules) to achieve optimal distribution of its effects. Caffeine (200 mg per dose) helps increase mental clarity and improve concentration. The formula also contains taurine, theanine, vitamins, and Galanga extract. EnXtra® (concentrated extract from Alpinia Galanga), in combination with theanine, generates a strong synergistic effect with caffeine, which studies have shown to have a beneficial effect on concentration and mental clarity, with a constant and prolonged effect. Taurine is an amino acid useful during intense activities that require great effort, fatigue, and fat metabolism. Vitamin C and Niacin help reduce fatigue and tiredness and, together with Thiamine and Riboflavin, support normal energy metabolism.

INDICATIONS

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

HOW TO USE AND RECOMMENDED DAILY DOSE

Take 1 capsule per day, preferably in the morning or before an intense activity.

INGREDIENTS

Caffeine, Galanga (Alpinia galanga (L.) Willd.) Rhizome extract (EnXtra®), filler: hypromellose; ascorbic acid (Vitamin C), taurine, maltodextrin, theanine from green tea extract, microencapsulated caffeine (Microcapsule Newcaff™) (Caffeine 75%, coating agent: mono and diglycerides of fatty acids), inositol hexanicotinate (Niacin), anti-caking agents: magnesium salts of fatty acids, silicon dioxide; riboflavin (Vitamin B2), thiamine hydrochloride (Vitamin B1).

BIBLIOGRAPHIC SOURCES

- 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.
- 6) Giesbrecht T, Rycroft JA, Rowson MJ, De Bruin EA. The combination of L-theanine and caffeine improves cognitive performance and increases subjective alertness. *Nutr Neurosci.* 2010 Dec;13(6):283-90.

AVERAGE NUTRITIONAL CONTENT

	Per 1 cps	%NRV 1 cps
Caffeine	150 mg	-
Microencapsulated Caffeine (NEWCAFF™ microcapsules) of which caffeine	66.64 mg 50 mg	- -
Galanga Extract	150 mg	-
Taurine	100 mg	-
Theanine from Green Tea Extract	70 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: Nutritional Reference Values (adults) as per EU Regulation 1169/2011