

Container Size: 232g  
Serving Size: 11.6g  
Servings Per Container: 20

NUTRITION INFORMATION	Per 100 g	Per Serving (11.6 g)	%RI
Energy KJ	934	108	
Energy KCal	220	25	
Fat	0 g	0 g	
of which saturates	0 g	0 g	
Carbohydrate	10 g	1.2 g	
of which sugars	1.4 g	0.2 g	
Fibre	9.9 g	1.2 g	
Protein	38 g	4.5 g	
Salt	1.2 g	0.14 g	
Niacin (Nicotinamide)	172 mg	20 mg	125%
Folic acid	1338 mcg	155 mcg	78%

RI = REFERENCE INTAKE

**INGREDIENTS:** Beta-Alanine, Creatine Monohydrate, L-Citrulline DL-Malate, Dextrin), Anti-caking Agents: Calcium Silicate, Silicon Dioxide, Tri-calcium Phosphate; Acidity Regulators: Citric Acid, Malic Acid; Flavouring, L-Arginine Hydrochloride, BCAA Blend: L-Leucine, L-Valine, L-Isoleucine; Potassium bicarbonate, Taurine, Beetroot Extract, Glycerol Powder, Sodium Bicarbonate, Theobroma Cacao Extract, Caffeine Anhydrous, Sweeteners: Acesulfame Potassium, Sucralose; Green Tea Extract, Ginseng Root Extract, Glucuronolactone, L-Tyrosine, Natural Flavouring, Vitamin Blend: Nicotinamide, Folic Acid. **Suitable for vegans.**



**.50 Calibre Strength\*\* Delivery System (5,350 mg): Per Serving (11.6 g)**

Beta-Alanine	1,500 mg
Creatine (delivering 1320 mg Creatine Monohydrate)	1,500 mg
L-Citrulline DL-Malate 2:1 (delivering 1000 mg L-Citrulline)	1,500 mg
L-Arginine Hydrochloride (delivering 400 mg L-Arginine)	500 mg
Taurine	250 mg
Ginseng Root (Panax Ginseng) Extract	100 mg

**Endurance\*\*\* Capacity Formula (592.5 mg): Per Serving (11.6 g)**

Theobroma Cacao Extract	200 mg
Caffeine Anhydrous	187.5 mg
Green Tea (Camellia Sinensis) Leaf Extract (delivering 12.5 mg Caffeine)	125 mg
L-Tyrosine	80 mg

**NutriPump Formula (600 mg): Per Serving (11.6 g)**

Glycerol Powder	250 mg
Beetroot (Beta Vulgaris) Extract	250 mg
Glucuronolactone	100 mg

**Lactic Acid Buffer Formula (500 mg): Per Serving (11.6 g)**

Potassium Bicarbonate	300 mg
Sodium Bicarbonate	200 mg

**2:1:1 BCAA System (400 mg): Per Serving (11.6 g)**

BCAA Blend (L-Leucine, L-Valine, L-Isoleucine [2:1:1 ratio])	400 mg
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200mg caffeine per serving (187.5mg added caffeine and 12.5mg from green tea).

**BERRY FLAVOUR FOOD SUPPLEMENT WITH CREATINE, CAFFEINE, NIACIN AND AMINO ACIDS WITH SWEETENERS**

**20  
SERVINGS**

# GRENADÉ® .50 CALIBRE® PRE-WORKOUT

**ENERGY, STRENGTH\*\* AND ENDURANCE\*\*\***

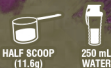
**A HARD HITTING, PRE-WORKOUT  
DEVASTATOR DESIGNED TO MAKE EVERY  
WORKOUT AN ENERGY FUELLED ASSAULT\***

**BERRY  
BLAST**

**WHY CHOOSE .50 CALIBRE®?**

.50 Calibre® is a hard hitting, pre-workout devastator designed to make every workout an energy fuelled assault.\* .50 Calibre is designed to deliver devastating energy\*, strength\*\* and endurance\*\*\* levels.

**DIRECTIONS FOR USE:** Read warning before consuming



HALF SCOOP  
(11.6g)

250 mL  
WATER

Mix half a scoop (11.6g) with 250mL of cold water and stir or shake.

Consume .50 Calibre® approximately 30 minutes before training. Drink at least 8 glasses of water per day. Do not exceed two servings per day (x2 1/2 scoop/11.6g).

\* Niacin contributes to normal energy yielding metabolism, Niacin and Folic Acid contributes to the reduction in tiredness and fatigue.

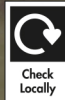
\*\* Creatine increases physical performance in successive bursts of short-term, high intensity exercise when a daily intake of 3g of creatine is taken.

\*\*\* Caffeine contributes to an increase in endurance performance and capacity.

**232g e**

.50 Calibre® is manufactured / packaged to the highest standards in ISO22000, cGMP facilities on behalf of Grenade (UK) Ltd, Grenade HQ, Marsh Lane, Hampton in Arden, B92 0AJ, United Kingdom

Grenade® & .50 Calibre® are Registered Trademarks



**WARNING:** NOT for use by individuals under the age of 18. Consult a physician or healthcare professional before using this product if you have any allergies, medical conditions or are taking any medication. NOT recommended for children or pregnant or breast-feeding women. **HIGH CAFFEINE CONTENT - 80MG PER 100ML.** Contains Glycerol, excessive consumption may produce laxative effects. **DO NOT** exceed two servings per day (x2 1/2 scoop/11.6g). **DO NOT** consume this product if you suffer from high blood pressure. **DO NOT** consume within 4-6 hours of intended sleep. Reduce or discontinue use of this product if you feel unwell after consuming and seek medical advice. **DO NOT** use this product in conjunction with any other product containing caffeine or other stimulants. Store in a cool, dry place away from strong light and odours. Store out of the reach of children. This product is intended for use by adults. **DO NOT** exceed recommended dosages. Food supplements should not be used as a substitute for a varied diet. **NOTE FOR TESTED ATHLETES:** please consult your specific federation before use. For best before see base.