

GRENADÉ .50 CALIBRE PRE-WORKOUT

DIRECTIONS FOR USE: Read warning before consuming



HALF SACHET
(11.6g)

250 mL
WATER

Mix half a sachet (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 sachet/11.6g).



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.

.50 Calibre Strength Delivery System (5,360 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

NitroPump Formula (600 mg): Per Serving (11.6 g)

Glycerol Powder	250 mg
Betroot (Beta Vulgaris) Extract	250 mg
Chauliophora	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
--	--------

200mg caffeine per serving (187.5mg added caffeine and 12.5mg from green tea)

Container Size: 580g
Serving Size: 11.6g
Servings Per Container: 50

NUTRITION INFORMATION	Per 100 g	Per Serving (11.6 g)	%RI
Energy KJ	934	108	
Energy KCal	220	25	
Fat	0.0	0.0	
of which saturates	0.0	0.0	
Carbohydrate	10.0	1.2	
of which sugars	1.4	0.2	
Fibre	9.9	1.2	
Protein	38.0	4.5	
Salt	1.2	0.14	
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, Dextrose, Anti-caking Agents: Calcium Silicate, Silicon Dioxide, Tri-calcium Phosphate, Acidity Regulators: Citric Acid, Maleic Acid, Rosemary, L-Aspartic Hydrochloride, BCAA Blend, L-Leucine, 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, Chauliophora, Citric Acid, Natural Flavouring, Vitamin Blend, Nicotinamide, Folic Acid. Suitable for vegetarians.

VEGAN FRIENDLY
GLUTEN FREE
ALLERGEN FREE

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 Glycyl-L-aspartate. Excessive consumption may produce toxic effects. DO NOT exceed two servings per day (x2 1/2 sachet/11.6g). DO NOT consume this product if you suffer from high blood pressure. DO NOT consume within 4-6 hours of intended sleep. Reduces or discontinues use of the 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. Shake out or the inside of children. This product is intended for use by adults. DO NOT exceed recommended dosages. Foods and 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 side panel.

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

580g (25x23.2g) e

.50 Calibre® is manufactured / packaged to the highest standards in ISO22700 cGMP facilities on behalf of Grenade UK Ltd, Grenade, 14, Marlow Lane, Hampton in Arden, B82 0AJ, United Kingdom. Grenade® & 50 Calibre® are Registered Trademarks



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

BERRY
BLAST

.50 CALIBRE
PRE-WORKOUT

.50 CALIBRE
PRE-WORKOUT

GRENADÉ
.50 CALIBRE
PRE-WORKOUT

BERRY
BLAST