

DIRECTIONS FOR USE: Read warning before consuming



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).

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

NUTRITION INFORMATION	Per 100 g	Per Serving (11.6 g)	%RI
Energy KJ	983	114	
Energy KCal	231	26	
Fat	0 g	0 g	
of which saturates	0.2 g	0 g	
Carbohydrate	17 g	1.9 g	
of which sugars	1.5 g	0.2 g	
Fibre	0.9 g	0.1 g	
Protein	40 g	4.6 g	
Salt	1.2 g	0.14 g	
Niacin (Nicotinamide)	172 mg	20 mg	125%
Folic acid	1338 mcg	155 mcg	76%

RI = REFERENCE INTAKE

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



SUITABLE FOR VEGANS



GMO-FREE



ALLERGEN FREE

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 (1,192.5 mg):	Per Serving (11.6 g)
Theobroma Cacao Extract	800 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

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

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 Glyceral, excessive consumption may produce laxative 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. 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 side panel.

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

580g (25x23.2g) 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, B82 9AU, United Kingdom. Grenade[®] & 50 Calibre[™] are Registered Trademarks