

380

91.5

90.5

15

91.5

91.5

131

345

154

60

SERVING: 2 CAPSULES SERVINGS PER PACKAGE: 50 100 CAPSULES
SUPPLEMENT INFORMATION

PER SERVING:	500 mg
Green Tea Extract	420 mg
Bitter Orange Powder	200 mg
Cayenne Pepper	175 mg
Caffeine Anhydrous	25 mg
L-Phenylalanine	10 mg
Green Coffee Extract	

200MG CAFFEINE PER SERVING
(175MG ADDED CAFFEINE AND 25MG FROM GREEN TEA)

INGREDIENTS: Green Tea Extract, Bitter Orange Powder, Gelatine Capsule (Bovine Gelatine, Colour: E102, E133, E129, E172), Cayenne Pepper, Caffeine Anhydrous, Bulking Agents: Microcrystalline Cellulose, Magnesium Stearate; L-Phenylalanine, Green Coffee Extract.

ALLERGY ADVICE: May contain traces of Milk, Soy, Egg, Fish, Crustaceans, Peanuts, Nuts, Gluten, Celery, Molluscs, Mustard, Sesame seeds, Sulphur Dioxide and sulphites.

GREEN TEA, CAFFEINE AND CAYENNE FOOD SUPPLEMENT CAPSULES

WARNING: High caffeine content. Contains caffeine. Not recommended for children or pregnant or breast-feeding women (200MG CAFFEINE PER SERVING (175MG ADDED CAFFEINE AND 25MG FROM GREEN TEA)). DO NOT exceed the stated recommended daily dose. Food supplements should not be used as a substitute for a varied diet. Not for use by individuals under the age of 18 or the elderly. Consult a physician or healthcare professional before using this product if you have any medical concerns/allergies. DO NOT consume this product if you suffer from high blood pressure or are using any other prescribed medication. DO NOT consume more than 2 capsules at a time. Avoid consuming this product less than 6 hours prior to sleeping. Reduce or discontinue using this product if you feel unwell after consuming and seek medical advice. E102, E129 may have an adverse effect on activity and attention in children. DO NOT consume this product in conjunction with any other product containing caffeine, green tea, or other stimulants on the same day. DO NOT consume on an empty stomach. Contains 5mg (-)-epigallocatechin-3-gallate per serving. Do NOT consume 800mg or more of (-)-epigallocatechin-3-gallate per day. Store in a cool, dry place. Store out of the reach of young children. Gelatine capsule shell certified Halal and Kosher. Not suitable for vegetarians.

NOTE FOR TESTED ATHLETES: please consult your specific federation before use.
This product is intended for use by adults. The packaging and product container may be attractive to young children but it should not be used by them in play. Risk of choking due to the presence of small parts.



Best Before End

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GRENADÉ
THERMO DETONATOR

DIRECTIONS FOR USE - READ WARNINGS BEFORE CONSUMING

2 capsules taken with food.
Maximum of 2 servings per day.

TO ASSESS TOLERANCE:
Consume 1 capsule per day for the first 7 days.

DO NOT EXCEED 2 SERVINGS (4 CAPSULES) PER DAY.
DO NOT TAKE WITHIN 6 HOURS OF INTENDED SLEEP.
DRINK AT LEAST 8 GLASSES OF WATER PER DAY.

TO OPEN, HOLD CONTAINER UPRIGHT AND TURN LID 90 DEGREES ANTICLOCKWISE.
KEEP PACKAGING FOR DIRECTIONS OF USE.

Grenade® Thermo Detonator® is manufactured to the highest standards on behalf of:

Grenade UK,
Bournville Lane,
Birmingham, B30 2HP

GRENADÉ B.V., Malahide Road,
Coolock, Dublin 5

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