

Activator

+ caffeine + taurine

Product description

Caffeine ampoules with a high content of caffeine (160 mg/ampoule). For all kinds of sport which require increased abilities of concentration and coordination.

It contains caffeine from guarana, mate and green tea in combination with pure and natural caffeine. With this combination the stimulating effect is perceived both on a short and a long period. Caffeine influences directly the central nervous system by an increased adrenaline release. This has a stimulating effect and improves the mental efficiency. In addition the caffeine, as well as the active substances of green tea (polyphenol), promotes the production of energy coming from the fat depot.

Taurine, inositol and B-vitamins support the stimulating effect of the caffeine.

Effect and reaction mechanism

Caffeine starts to take effect about 30 min after absorption. The effect decreases at the latest after 3 hr. The following reactions make caffeine interesting both for technical, power and endurance kinds of sport:

- Stimulates the central nervous system and increases the concentration and coordination capacities.
- Raises the fat metabolism, important for long lasting activities.
- Eases the release of calcium within the muscle cells, which leads to an improved ability of contraction. This effect can augment the muscles power and the performance for short, high intensive efforts.

No doping risks ! As caffeine occurs in a wide range of products in our culture, it is not anymore listed as forbidden substance by the World Anti-Doping Agency since the 1st of January 2004.

Advantages

- Short- and long-lasting spectrum of effects thanks to combined sources of caffeine.
- Easy to take
- Good tasting



Activator

+ caffeine + taurine

Utilisation

Take 1 ampoule about 1 hr before or during the physical activity. During endurance efforts take another ampoule after 3 hr of efforts.

For an optimal effect of the Activator ampoules, we recommend a previous renouncement of drinks and food containing caffeine for about 5-days (wash-out).

Not appropriate for persons sensitive to caffeine, for pregnant women and for children. Caffeine should not be taken at the same time than a creatine supplementation; it would limit the performance increasing effect of the creatine.



Ingredients

Water, fructose, plant extracts (guarana, green tea, mate), taurine, acid citric, natural caffeine, potassium sorbate, sodium cyclamate, acesulfame K, sodium saccharin, flavours, inositol, vitamins.

Flavour / packaging / nutrition facts

Energy. Drinking ampoules of 25 ml.

nutrition facts**	per 100 ml		per ampoule (25 ml)	
energy kJ (kcal)	364 (86)		91 (21)	
proteins	0.4 g		0.1 g	
carbohydrates	20.0 g		5 g	
fat	<0.1 g		<0.1 g	
vitamins	per 100 ml	%RDA*	per ampoule (25 ml)	%RDA*
B2	2.4 mg	150%	0.6 mg	38%
niacin	36 mg	200%	9 mg	50%
pantothenic acid	8 mg	133%	2 mg	33%
B6	8mg	400%	2 mg	100%
others	per 100 ml		per ampoule (25 ml)	
taurine	2200 mg	--	550 mg	--
inositol	80 mg	--	20 mg	--

*RDA = recommended daily allowance

** average