

EXPLOSIVE WORKOUTS + ENERGY + STAMINA

**EXPLOSIVE
PRE-WORKOUT**

**PATENTED
AND LICENSED
INGREDIENTS**

**HIGH
STIMULANT
LEVELS**



RECOMMENDED USE

2 with 250-300ml water

DO NOT EXCEED RECOMMENDED DAILY INTAKE.
USE ONLY AS DIRECTED.

- Mix ± 2 scoops with 250-300ml of water 30 minutes before training. Start off with ± 1 scoop to first assess tolerance before taking ± 2 scoops at once.

WARNING: Do NOT exceed 3 scoops per day.

AstraGin™

TEACRINE®

 **ADVANTRA Z®**

IMPORTANT NOTICE: Consult your physician before use (especially if you have a medical condition). Contains caffeine (270mg / serving). Do not use if you are pregnant, lactating, under the age of 18 or caffeine sensitive. An adequate state of hydration must be maintained when using this product. Consume at least 8-12 large glasses of water per day. Do not exceed the recommended daily intake. Taking more than the recommended dose will not improve results and may cause adverse reactions. Large amounts of beta-alanine may cause paraesthesia (pins and needles). Research suggests that this sensation is caused by beta-alanine binding to nerve receptors, and is thought to generally resolve on its own after about 1.5 hours. The sensation may subside after a few weeks of continuous use. If not, discontinue use of this product. For best results follow an appropriate muscle building eating and training programme. Food supplements should not be used as a substitute for a varied, balanced diet and healthy lifestyle.

Please note that this product attracts moisture, even though we have taken measures to reduce this. Close thoroughly after use, and aim to finish container within 1 month of opening for the first time.