

RECOMMENDED USE

250ml +  4 = 1 SERVING

- Take 4 capsules 1-2 times daily, of which one serving should be 30-60 minutes before workout. Adhere to a five-days-on/two-days-off regimen for eight weeks followed by a two-week break.

CORE BENEFITS

- Zinc supports normal fertility and reproduction.
- Zinc also contributes to the maintenance of normal testosterone levels in the blood**, and supports normal protein synthesis & acid-base metabolism.
- Magnesium contributes to a reduction of tiredness and fatigue, and normal muscle function.
- Vitamin B6 supports normal energy-yielding metabolism.

PRODUCT INFORMATION

USN is committed to remaining at the forefront of sports nutrition technology. With formulations based on the latest scientific research available, our aim is to ensure that our products are unsurpassed in quality, potency and efficacy. USN's Hardcore Series represents the ultimate in high performance supplementation.

IMPORTANT NOTICE: Females are advised against the use of this product (especially if pregnant or lactating). As with all supplementation, please consult your physician first (especially if you have a medical condition). Also avoid if elderly, or under the age of 18. Discontinue use if you experience dizziness, headaches, nausea, or heart palpitations. If you have trouble sleeping, do not take within 6 hours of bedtime. Do not exceed the recommended daily intake. Food supplements should not replace a varied, balanced diet and healthy lifestyle.