



## Guarana Tablets

Caffeinated dietary supplement with vitamin C

### Interesting facts:

The guarana plant is a woody climber that grows in the South American tropical rain forests in the Amazon. The pips of these grape-similar, red fruit have already been appreciated for centuries by the Amazon-Indians because of their caffeine content. Guarana caffeine is firmly tied in the nut and that's why it is released slowly into the body. In this way, guarana acts as stimulant for several hours.

Thanks to its "natural retardation", Guarana Tablets are perfect for all those who want a refreshing stimulation without straining stomach, heart and circulation.

Guarana stimulates, refreshes and increases the general well-being. The pleasant mild long-term effect is completed by means of vitamin C.



**Ingredients:** Guarana powder (55%), fillers: microcrystalline cellulose, collagen hydrolyzate, magnesium carbonate, vitamin C, anti-caking agent: magnesium stearate.

	per tablet	per daily dose (6 tablets)	% of the recommended daily requirement (NRV)*	per 100 g tablets
Guarana powder	400 mg	2400 mg	**	55,0 g
of which is Guarana caffeine	14 mg	84 mg	**	1,9 g
Vitamin C	30 mg	180 mg	225	4,1 g
Magnesium	20 mg	120 mg	32	2,7 g

\*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

\*\* No reference value has yet been established

Contains caffeine. Not recommended for children and pregnant women.

**Suggested Use:** Take 1-2 tablets 3 times daily with sufficient liquid.

Store in a dry place below 25°C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of reach of small children. The recommended daily dose should not be exceeded.

**Content 250 tablets = 180 g**

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