

NEW CLICK LOCK LID!  
To OPEN: hold container upright and turn lid 90 degrees anticlockwise.  
To CLOSE: line up markers, apply lid and turn 90 degrees clockwise.

FOOD SUPPLEMENT

WARNING  
THIS IS NOT A TOY!



100 capsules  
4 capsules per day

Supplement Information

Per 2 caps:			
Green Tea	500mg	Cayenne	200mg
Bitter Orange Powder	420mg	Phenylalanine	25mg
Caffeine	225mg	Green Coffee	10mg

**Grenade® Thermo Detonator Ingredients:**  
Green Tea, Bitter Orange Powder, Caffeine, Cayenne, Phenylalanine, Green Coffee, Bulking Agent (Magnesium Stearate), Gelatin Capsule (Purified Water, Colours E133, E102, E129) Titanium Dioxide.

**WARNING;** Not for use by individuals under the age of 18. Consult a physician or healthcare professional before using this product if you have any medical concerns / allergies. **DO NOT USE** if you are pregnant or lactating. **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. **DO NOT** consume this product in conjunction with any other product containing caffeine or other stimulants. E102, E129 may have an adverse effect on activity and attention in children. This food supplement should not be used as a substitute for a varied diet. **HIGH CAFFEINE CONTENT - 225MG PER 2 CAPSULES - NOT RECOMMENDED FOR CHILDREN OR PREGNANT WOMEN.**

**Note for tested athletes;** please consult your specific federation before use. Store in a cool, dry place. Store out of the reach of children.

**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.**

**GRENADE®** is a multi-award winning support system specially designed by nutrition experts. When used synergistically with a sensible diet and exercise programme, **GRENADE®** may help support your lean physique goals and is ideal for pre cardio and endurance training.



DIRECTIONS FOR USE

Read warning before consuming

Take 2 capsules on an empty stomach upon waking with water. Take 2 capsules 30 minutes prior to lunch with water. To assess tolerance consume 1 capsule twice per day for the first 7 days. For an explosive workout, take 2 capsules prior to training. Drink at least 8 glasses of water per day. **DO NOT exceed 4 capsules per day.** To open, hold container upright and turn lid 90 degrees anticlockwise. **Keep packaging for directions of use.**

This product is manufactured / packaged to the highest standards in ISO9001 / MHRA approved facilities on behalf of Grenade (UK) Ltd.

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100 capsules  
4 capsules per day

THIS YEAR UP

**GREN** **ADE®**  
**THERMO DETONATOR**

Green Tea, Caffeine and Cayenne food supplement capsules.  
FOR BEST BEFORE SEE REVERSE

Grenade® is a Registered Trademark



FRAGILE

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