## **100 capsules** 4 capsules per day

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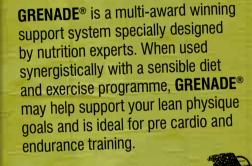
Supplement Int	ormano		
<b>Per 2 caps:</b> Green Tea Bitter Orange Powdel Caffeine	500mg 420mg 225mg	Cayenne Phenylalanine Green Coffee	200mg 25mg 10mg

Grenade<sup>®</sup> 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.

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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. Grenade (UK) Ltd. Unit 5, Spitfire Close, Coventry, CV5 6UR Email: info@grenade.com www.grenade.com



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THERMO DETONATOR

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(А) ГИТОТАЗЯВ

FOOD

THIS IS NOT A TO