

CAFFEINE®

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Brand: ProLab
Pharmaceutical Form: Capsules
Presentation: Bottle with 50 capsules

COMPOSITION:

Each ProLab Caffeine capsule contains 100 mg of anhydrous caffeine, a highly concentrated and pure form of caffeine that has been dehydrated to enhance its absorption and effect in the body. Caffeine is a natural stimulant that acts on the central nervous system, improving alertness, concentration, and energy levels. It is widely used by athletes and active individuals to boost physical and mental performance and combat fatigue.

The anhydrous form of caffeine is particularly effective because it is rapidly absorbed in the body, making it an ideal option for a quick energy boost before engaging in intense physical or mental activities.

THERAPEUTIC INDICATIONS:

Caffeine 100 mg is indicated for improving physical endurance and performance during exercise, increasing alertness, and reducing the sensation of fatigue in both athletic and daily activities. It is commonly used in endurance sports, high-intensity training, and activities that require greater mental concentration.

Additionally, Caffeine 100 mg may be beneficial for individuals looking to increase their basal metabolism and promote fat loss, as it accelerates metabolic rate and enhances calorie burning, especially when combined with a proper diet and exercise program.

RECOMMENDED DOSAGE:

The recommended dosage of Caffeine 100 mg varies according to individual tolerance and specific user goals. For those unaccustomed to regular caffeine intake, it is advised to start with 1 capsule (100 mg) per day, approximately 30-60 minutes before physical activity or whenever an energy boost is needed.

Users with higher caffeine tolerance may take up to 2 capsules per day (200 mg), preferably at different times throughout the day to avoid overdose and potential side effects, such as insomnia or nervousness. It is not recommended to exceed 400 mg of caffeine per day, as higher doses may increase the risk of adverse effects, including tachycardia, hypertension, and anxiety.

ADMINISTRATION MODE:

Caffeine 100 mg capsules should be taken with water or another suitable liquid to facilitate swallowing. To optimize its effects and avoid stomach discomfort, it is preferable to take them with food, although they can also be taken on an empty stomach for faster absorption.

To enhance athletic performance, it is recommended to take a dose of Caffeine approximately 30 minutes before training or competition, which will maximize its stimulating effect and improve both endurance and concentration during physical effort.

CONTRAINDICATIONS:

Caffeine 100 mg is contraindicated in individuals with known hypersensitivity to caffeine or other stimulants. It should not be used by individuals with severe heart problems, uncontrolled hypertension, anxiety disorders, chronic insomnia, or those suffering from active gastric ulcers, as caffeine may worsen these conditions.

Its use is not recommended for pregnant or breastfeeding women, as caffeine can cross the placental barrier and affect the fetus or pass into breast milk, potentially causing irritability in the baby.

