

Caffeine PRO Caps

CAFFEINE CAPSULES WITH ANTI-DOPING CERTIFICATE AND SUITABLE FOR VEGANS

- Pure anhydrous Caffeine
- With 100 mg of Caffeine per capsule
- **With Informed-Sport anti-doping certificate**
- Allergens Free and Suitable for Vegans
- Improve performance



Caffeine PRO Caps are pure caffeine anhydrous vegetable capsules of the highest quality. They are ideal to enhance and improve the performance of both your training sessions and your competitions. Caffeine has proven to be one of the best and most effective ergogenic aids (direct performance enhancement) in all kinds of sports disciplines, whether they are strength, endurance or mixed.

How does it act physiologically?

Caffeine is one of those known as trimethylxanthines, more specifically 1,3,7-trimethylxanthine, which are a family of adenosine receptor antagonist alkaloids. These alkaloids are found naturally in some plants such as coffee, guarana, tea, yerba mate, etc.

At a physiological level, it stimulates the central nervous system (CNS), increases the mobilization of fats (lipolysis), decreases the perception of pain (secretion of β -endorphins), delays the feeling of fatigue, improves neuromuscular function, improves muscle contraction skeletal muscle, etc.

Performance improvement in Aerobic or Endurance sports

Countless scientific studies carried out in different sports disciplines of this type (athletics, cycling, cross-country skiing, swimming, triathlon, etc.) have shown the improvement of performance between 2 - 4%, mainly due to the following parameters: increased work time and until exhaustion, decreased perception of effort, improved peak oxygen consumption during submaximal exercise.

Performance improvement in Anaerobic or Strength sports

In recent years more scientific studies have been carried out in relation to the consumption of caffeine with these disciplines and favorable results have also been found in the improvement of performance on the following parameters: on the one hand, short or explosive tests corresponding to aerobic or endurance sports (the above), such as a sprint in swimming, single or repeated sprint in cycling or athletics, showing a reduction in fatigue. On the other hand, in purely strength parameters, such as the number of repetitions, the maximum load used, etc. improvements have also been seen.

Improvement of performance in Mixed sports (team, racket, combat, etc.)

Numerous studies have also been carried out in this type of sports (soccer, basketball, tennis, volleyball, etc.) and also the results have been favorable, in this case, in addition to the improvement itself at the "muscular" level, commented in the previous points, the improvements have been produced by the increase in cognitive capacity, such as attention, alertness, coordination, reaction time or decision making or precision in passing. So it is also a very useful tool in this type of sports.

How much and when to take it?

Acute caffeine intake has been consistently shown to improve performance as long as it is consumed in doses between 3 and 6 mg/kg of body weight. The most standard protocol, although it depends on the type of sport, etc., is to take it between 45 and 30 minutes before exercise.

And like all Crown Sport Nutrition® products with the highest quality.

Ingredients: Microcrystalline cellulose, anhydrous caffeine, coating: cellulose capsule; anti-caking agent: magnesium salts of fatty acids of vegetal origin.

Instructions for use: depending on the body weight of the person:

- **People up to 70 kg:** take 2 capsules approx. 45 to 30 minutes before training.
- **People between 70 and 100 Kg:** take 2 to 3 capsules approx. 45 to 30 minutes before training.
- **People over 100 kg:** take 3 to 4 capsules approx. 45 to 30 minutes before training.

Available formats: Tin of 120 capsules.

NUTRITIONAL INFORMATION

Per capsule

Caffeine anhydrous

100 mg