



## Caffeine-PLUS Capsules

Nutritional supplement with caffeine,  
B vitamins and polyphenols from green tea/green coffee extract

### Useful information:

Caffeine is an alkaloid that occurs naturally in many plants, including the coffee bush, the matte bush and the tea plant. Because of its stimulating, "wake-up" effect, caffeine is enjoyed in countless drinks around the globe. Caffeine PLUS capsules from Sanct Bernhard contain pure caffeine from plant sources. The added natural green tea and green coffee extracts are characterised by their content of polyphenols, particularly valued plant substances. Vitamins B1, B6 and B12 are a useful addition to the product as they contribute to a normal energy metabolism of the body. Vitamin B12 also contributes to the reduction of tiredness and fatigue as well as to the normal function of the nervous system. Do stay alert, awake and concentrated - with Caffeine PLUS capsules from Kräuterhaus Sanct Bernhard!

**Ingredients:** Microcrystalline Cellulose (bulking agent), Green Coffee Extract (18 %), Green Tea Extract (18 %), Hydroxypropyl Methylcellulose, Caffeine (18 %), Silicon Dioxide (separating agent), Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin B12.

	per capsule	per daily dose (=2 capsules)	% of NRV recommended daily dose*	per 100 g capsules
Caffeine	100 mg	200 mg	**	18 g
Green coffee extract	100 mg	200 mg	**	18 g
of which chlorogenic acid	50 mg	100 mg	**	9 g
Green tea extract	100 mg	200 mg	**	18 g
of which				
Polyphenols	95 mg	190 mg	**	17 g
Catechine	65 mg	130 mg	**	12 g
Epigallocatechingallat	40 mg	80 mg	**	7 g
Vitamin B1	1 mg	2 mg	182	0.2 g
Vitamin B6	1.5 mg	3 mg	214	0.3 g
Vitamin B12	2.5 µg	5 µg	200	0.5 mg

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

\*\* no reference value available yet

**Recommended use:** Swallow 1 capsule 1-2 x daily with plenty of liquid.

Do not take the capsules in the evening before going to sleep. Contains caffeine (200 mg per day daily dose). Not recommended for children and adolescents, and pregnant and breastfeeding women.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contains 120 capsules = 65 g**

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