

**PRO ENERGY & ENDURANCE****CAFFEINE CAPS**  
FOR INCREASED PERFORMANCEPREPARE **BEFORE** DURING AFTER**QUICK INFO**

- X LACTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES
- X VEGAN

**PRODUCT DESCRIPTION**

CAFFEINE CAPS provide 50 mg free-form caffeine and are suitable for targeted use during exercise. Caffeine has various performance-enhancing effects and has been used successfully for decades in competitive and popular sports.

Caffeine concentration in the blood rises after about 15 minutes and reaches its maximum within 30-90 minutes after intake. Accordingly, it is important to time its intake regarding the desired effect during an activity.

It is also known that the effect of caffeine depends on the individual genotype. This has an influence on dosage and timing. To check this, we recommend the Coffegen DNA-test, available at [sponser.com/cgxtest](https://sponser.com/cgxtest).

Caffeine improves concentration, alertness, attention and endurance. Thanks to its various mechanisms of action, caffeine therefore has a positive effect on performance in the following situations, as numerous scientific studies confirm:

- Endurance activities lasting longer than 20 min
- High-intensity exercise of 1-20 min duration
- intensive interval exercise (team sports)
- maximum power

CAFFEINE CAPS consist of an stomach acid-resistant capsule, whereby caffeine release is delayed until arrival in the intestine. Ideal for stomach-sensitive athletes during long distance activities.

Alternatively, also available from SPONSER®: **ACTIVATOR 200**, caffeine shot for activities up to three hours' duration.

**ADVANTAGES**

- **targeted, personalised intake of caffeine**
- **boosts performance**
- **easily digestible, suitable for extended activities**

**APPLICATION**

The following intake recommendations are recommended in the scientific literature, depending on the duration or intensity of activity:

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# CAFFEINE CAPS

## FOR INCREASED PERFORMANCE

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Up to 3 hours: 3-5 mg caffeine per kg of body weight. Intake approx. 30-60 min prior to exercise.  
 Longer than 3 hours: approx. 150-200 mg prior to exercise, after 3 hours 50-100 mg of caffeine per hour

Contains caffeine. Not recommended for children and pregnant women. Do not exceed the maximum recommended daily ration of 4 capsules (200 mg caffeine)\*. Store out of reach of small children. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

\*or according to Switzerland. Legislator max. 3 mg per kg body weight. This dosage is also recommended by nutritional science for optimal effect.

### INGREDIENTS

Bulking agent microcrystalline cellulose, vegetabile capsule (E464), rice fiber, caffeine.

### PACKAGING

Can with 90 capsules (22.5 daily rations)

### NUTRITION FACTS

NUTRITION FACTS	1 capsule	per 4 capsules
Caffeine	50 mg	200 mg

### LITERATURE

- Pickering, C. and Gigic J.: Caffeine and Exercise: What next? Sports Medicine, 2019;49(7):1007-1030.
- Southward, K., Rutherford-Markwick KJ. and Ali A. The effect of acute caffeine ingestion on endurance performance: A systematic review and meta-analysis. Int J Sports Physiol Perform. 2018; 48(8):1913-1928.
- Glaister, M. and Gissane, C. Caffeine and Physiological Responses to Submaximal exercise: A meta-analysis. Int J Sports Physiol Perform. 2018;13(4):402-411.
- Burke, L.M.: Caffeine and sports performance. Applied Physiology Nutrition and Metabolism, 2008. 33(6): p.1319-34.
- Goldstein ER. et al: International society of sports nutrition position stand: caffeine and performance. J Int Soc Sports Nutr, 2010. 7(1): p.5

Caffeine in stomach acid-resistant capsules. Food supplement for sportsmen.

Carefully manufactured in Switzerland

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