



Sponser Activator 200, 30 x 25ml



Drinking ampoules with high caffeine content (200 mg/ampoule). Caffeine has been used in sports for over 100 years. It was not until the 1970s that targeted studies were conducted to investigate its performance-enhancing effects in sports. More recent studies prove the effectiveness of caffeine as a performance-enhancing supplement.

CHF 59.40

Caffeine ampoule with high caffeine content (200 mg/ampoule). For all sports where increased concentration and coordination skills are required. Contains caffeine from guarana, mate and green tea in combination with pure, natural caffeine. With this combination, the invigorating effect is felt in both the short and long term. Caffeine directly affects the central nervous system by means of increased adrenaline release. This has a stimulating effect and increases mental performance. In addition, caffeine, just like the active ingredients from green tea (polyphenols), promotes energy production through depot fat. Taurine, inositol and B vitamins support the invigorating effect of caffeine. Mechanism of action and reaction Caffeine begins to act about 30 min after ingestion. The effect wears off after 3 hours at the latest. The following reactions make caffeine interesting for technical, high-speed and endurance sports:

- Caffeine shot with 200mg caffeine from different sources.
- Increase of endurance performance
- Improvement of concentration and attention
- In work and everyday life as a "cold espresso", only 25 kcal
- Stimulates the central nervous system and increases the ability to concentrate and coordinate.
- Increases fat metabolism, important in the long term.
- Facilitates the release of calcium within muscle cells, resulting in improved muscle contraction ability. This effect can increase muscle strength and performance during short, high-intensity efforts.
- No doping risk! Since January 1, 2004, caffeine is no longer listed as a banned substance by the World Anti-Doping Agency because it is widely used in our culture as a stimulant and in food.

Advantages



- Short and long term spectrum of action due to combined caffeine sources
- Convenient ingestion
- Good taste.

Packaging unit: 30 drinking ampoules à 25ml

Flavor: Cola-Lemon, Fruit Boost

Content: 750g