

**Directions for use:**

One tablet to be taken up to 60 minutes before activity.

**Nutritional Information:**

One tablet (850mg) will provide on average:

- Damiana Aphrodisia 140mg
- Siberian Ginseng Extract (25:1) 50mg
- Guarana Extract (4:1) 50mg
- Ginkgo Biloba (50:1) 25mg
- Soya Isoflavones 10mg

Suggested intake: 1 tablet

Best before date: see base

**Ingredients:**

Bulking agent: Calcium Carbonate, Stabiliser: Microcrystalline Cellulose, Damiana Aphrodisia, Siberian Ginseng Extract (25:1), Guarana Seed Extract (4:1) (22% Caffeine), Ginkgo Biloba (50:1), Magnesium Stearate (vegetable source), Soya Isoflavones (40%), Anti-caking agent: Silicon Dioxide, Emulsifier: Hydroxypropylmethyl, Cellulose, Glycerol, Colours: Titanium Dioxide, Red Iron Oxide.

Do not exceed the daily dose. Keep out of reach of children. Contains caffeine. Not recommended for children and pregnant women. 11 mg caffeine per tablet. Seek medical advice if you have any concerns about your health. Store in a cool, dry place. Food supplements should not be used as substitute for a varied diet and healthy lifestyle.

**Manufactured in Great Britain.**