

Caffeine 200 Vitobest 120 vegetable capsules

EAN: 8436594157806 FABRICANTE: VIT.O.BEST



Caffeine 200, from Vitobest®, provides 200 mg of anhydrous caffeine per capsule. The powerful stimulating effect of caffeine has an immediate effect thanks to its rapid absorption.

DESCRIPTION

- 200 mg of caffeine anhydrous per capsule.
- The caffeine with the fastest absorption on the market.
- Vegetable capsules suitable for vegan diets and free of titanium dioxide.
- Suitable for celiac people.

Caffeine is a **stimulant alkaloid** belonging to the methylxanthine group, exerting its effects on the central nervous system, muscle and adipose tissue.

It stimulates the secretion of excitatory neurotransmitters such as dopamine or norepinephrine thanks to its action on two routes; inhibiting the action of adenosine and the enzyme PDE (cyclic nucleotide phosphodiesterase)1,2,3.

Caffeine is an antagonist of specific adenosine receptors in the central nervous system, blocking its function, which exerts an **anxiolytic and sedative effect** .

On the other hand, it inhibits the PDE enzyme, increasing the levels of cAMP (cyclic adenosine monophosphate), which stimulates the release of excitatory neurotransmitters such as dopamine or norepinephrine. cAMP also stimulates LSH (hormone-sensitive lipase), an enzyme responsible for releasing fatty acids to be used as an **energy source** through mitochondrial oxidation in cells, **reducing the percentage of body fat** .

Caffeine favors the intracellular transport of calcium during muscle contraction, directly improving its contraction capacity, the number of recruited muscle fibers and therefore **muscle strength and hypertrophy** 4,5,6.

This bilateral effect **favors tolerance to fatigue and pain** . It contributes to improving **alertness , mood , motivation and memory** , which also makes it ideal for moments of greater mental demand and effort7,8.



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Less fatigue translates into more intense and prolonged workouts , favoring caloric consumption, mobilization and metabolization of fatty acids. Less fat and more muscle. That is why **Caffeine 200** , from **Vitobest** ® , is the **ideal supplement to take before your training** .

Allergens: does not contain. Without gluten.

Ingredients:

- Anhydrous caffeine.
- Bulking agent: microcrystalline cellulose
- Thickener (capsule): hydroxypropylmethylcellulose.
- Anti-caking agent: magnesium stearate.

Composition

for 1 VegeCaps

anhydrous caffeine

200 mg

HOW TO USE:

- Take 1 VegeCaps a day.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121
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