**RESTORE MENTAL ALERTNESS & ENERGIZE YOUR WORKOUTS**

• Improve Strength

• Improve Mental Clarity

• Increase Focus

Particular supplements are the cornerstone of any successful training and nutrition program, and caffeine is definitely a must-have for anyone with serious fitness goals. Caffeine is not only great for quick energy, but it’s also a popular fat loss support supplement and workout performance booster. Caffeine is included in many thermogenic fat burners and pre-workout supplements.

The benefits of supplementing with Caffeine are numerous, including improved strength and mental clarity, an increase in focus, improved energy levels and the promotion of fatty acid oxidation. There is 200 mg of caffeine in one tablet of ALLMAX caffeine, about as much as in a large, strong cup of coffee.

**THERMOGENIC BENEFITS OF CAFFEINE**

When caffeine enters the body, it induces a fat-releasing effect called lipolysis, in which fat molecules within fat stores are cleaved into free fatty acids (FFAs) and glycerol. As a result, you have a bunch of liberated FFAs shooting around in your body that can be used to fuel your workout. Combining caffeine supplementation with a good training session, increases fatty acid oxidation and promotes fat burning!

**IMPROVE STRENGTH**

Caffeine is a very popular ingredient in many pre-workouts, and with good reason. Caffeine not only raises adrenaline it also stimulates the Central Nervous System (CNS), allowing you to push even harder and delaying your time to exhaustion. Simply put, caffeine increases your pain threshold, making lifts feel easier, lowering your perceived level of effort, and can help you lift heavier and smash some pretty decent PRs!

**IMPROVE MENTAL CLARITY & INCREASE FOCUS**

Numerous studies point to the positive effect of caffeine on tasks related to alertness. There are also significant results related to vigilance and reaction time. One study demonstrated the effect of increased physical performance of run times and obstacle course completion times when caffeine was consumed prior to activity.

**WHY NOT JUST DRINK A CUP OF COFFEE?**

Simply, the cost of supplementing with pills is more affordable in comparison to a cup of java. It’s also easier to get in your caffeine intake anywhere, just throw a bottle in your gym bag and you will always have it for your next big training session!