



WAR HAMMER



Drop the hammer on fatigue! War Hammer is all about high stim energy and zoned in focus. Get more out of every minute in the gym with War Hammer's high caffeine, high performance formulation. A hard hitting, high impact blend of Taurine, Bitter Orange and Caffeine lift your performance to new heights, and Walnut extract, Inositol and Green Tea, which contains theanine, to improve cognition and smooth out the intense buzz and let you get to work making gains!

HARD HITTING PERFORMANCE WHEN IT COUNTS!

ENERGY, FOCUS & MOOD

2000MG TAURINE – taurine is a naturally occurring amino acid that occurs naturally in the human brain. Taurine helps improve mental performance and focus to let you zone in on even the most high intensity workout!

350MG CAFFEINE – is the most widely used natural stimulant to help improve mental and physical performance! It can increase physical strength and endurance and can delay the onset of exhaustion. Caffeine reduces feelings of exertion, making that heavy duty workout feel like a warm up!

200MG WALNUT EXTRACT – a natural plant extract that helps improve cognitive performance, including improved reaction time and mental function.

200MG GREEN TEA CONTAINING THEANINE – the amino acid theanine helps with mental performance, focus and attention. When taken with caffeine it allows you to switch attention between tasks... go from lifting to spotting your training partner or when mental agility is needed in sport or gaming.

100MG INOSITOL – Inositol affects the processes that make neurotransmitters, the molecules responsible for relaying information within your brain helping you to think quicker and improve mood, taking the edge of the high dose caffeine in War Hammer

20MG VITAMIN B3 – as well as helping the body to produce energy, it has a role producing certain hormones for the adrenal glands

DIRECTIONS FOR USE: Mix up to 1 scoop (8.7 g) in 1250ml of water. Consume prior to exercise on training days. Do not exceed 1 scoop per day.

INGREDIENTS: Ingredients: Taurine, Erythritol, Food Acids (Malic Acid, Citric Acid), Inulin, Flavours, Anticaking agent (551), Sweeteners (Sucralose, Acesulfame Potassium), Caffeine Anhydrous, English Walnut Fruit, Green Tea (Theanine), Inositol, Bitter Orange, Vitamin B3 (as Niacin), Colours (129,133), Colours (102,133) Colours (102,129) Colour (102) Colour (133)

NUTRITION INFORMATION		Ave Qty Per 8.7g Serving	Ave Qty Per 100ml
Serving size: 8.7 g			
Servings per container: 30			
Energy		54 kJ 13 Cal	4.3 kJ 1.0 Cal
Protein		0 g	0 g
Fat - Total		Less than 1 g	Less than 1 g
- Saturated		Less than 1 g	Less than 1 g
Carbohydrates - Total		2.7 g	Less than 1 g
- Sugars		Less than 1 g	Less than 1 g
Sodium		Less than 5 mg	Less than 5 mg
Potassium		49 mg	Less than 5 mg

NOTE: All specified values are averages for all flavours