



IMPORTANT INFORMATION: Do not exceed recommended daily dosage. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Not recommended for use by pregnant or lactating women. If you are taking any medications, are under medical supervision, have an existing medical condition or symptoms of illness, consult your doctor before use. Using this supplement at the same time as other food supplements may result in excessive nutrient dosages, consult a qualified professional if you are unsure. Discontinue use and contact a doctor immediately if any adverse reactions occur. Not intended for use by persons under the age of 18. Do not use if seal is broken or missing. This product is a food supplement and is not intended to diagnose, treat, cure or prevent any medical condition, illness or disease. Use within 6 months of opening. Store in a cool, dry place. Keep out of the reach of children. For best before end and lot: see lid or base. Do not consume more than 300 mg per day of EGCG (Epigallocatechin gallate) as a purified extract from green tea leaves.

INGREDIENTS: Bulking Agent (Microcrystalline Cellulose), L-Carnitine Tartrate, Capsule Shell (HydroxyPropyl MethylCellulose), Green Tea Leaf 12:1 Extract (95% Polyphenols), Caffeine Anhydrous, L-Tyrosine, Green Coffee Bean 20:1 Extract (20% Chlorogenic Acid), Anti-Caking Agents (Magnesium Stearate, Silicon Dioxide), Alpha Lipoic Acid, Pyridoxine Hydrochloride (B6), Zinc Oxide, Chromium Picolinate, Biotin.

MANUFACTURED FOR: Euro Nutrition Ltd, 551-553 Wallisdown Road, Poole, BH12 5AG, United Kingdom.

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ILN

IRON LABS

T5

XTREME

180

VEGETARIAN
CAPSULES

HIGH IN BIOTIN WHICH CONTRIBUTES TO NORMAL MACRONUTRIENT

METABOLISM

WARNING: High caffeine content (up to 300mg per daily serving) not suitable for children, women who are pregnant or breastfeeding, or persons who are sensitive to caffeine

FOOD SUPPLEMENT

Directions: Take 2 capsules up to 3 times per day. After every 2 capsules wait at least 4 hours before taking more. Take capsules with a glass of water. Do not exceed 6 capsules per day.
First time users: Start with 2 capsules once per day with a glass of water. Gradually increase to the full dose.

Nutritional Information

Daily Serving Size: 6 Capsules

Daily Servings per Container: 30

Per Total Daily Serving (6 Capsules)		%RI*
L-Carnitine Tartrate	600 mg	**
Green Tea equivalent (from 67mg 12:1 extract)	800 mg	**
of which Polyphenols	63 mg	**
Caffeine	300 mg	**
Tyrosine	120 mg	**
Green Coffee Bean equivalent (from 100mg 20:1 extract)	2,000 mg	**
of which Chlorogenic Acid	20 mg	**
Alpha Lipoic Acid	60 mg	**
Vitamin B6	10 mg	714%
Biotin	450 µg	900%
Zinc	10 mg	100%
Chromium	90 µg	225%

* Reference Intake ** No RI established