



## Pro Plus

### Uses

### Dosage

Over 16 years: 2 tablets with water. Do not exceed 4 tablets in a single dose or 8 tablets per day. Do not take more than 400mg of caffeine per day including caffeine from food and drink. Under 16 years and pregnant or breastfeeding women: not recommended.

### Format and Ingredients

Uncoated tablet containing:  
Caffeine Anhydrous 50mg,

**Category:**  
Vitamins, Minerals and Nutritionals

**Manufacturer:**  
G R LANE HEALTH PRODUCTS  
LTD

**Pack size:** 24, 48

**RRP:** £3.19, £5.39

**Legal Status:** ,