



Guarana

the gentle stimulant

Caffeine and sport

The physical power of the active sportsman is known to depend not only on the training condition of his muscles and his heart-circulation-system, but also depends considerably on the psycho-physiological condition of the central nervous system.

Problem

In the evenings, the active sports man, his muscles in superb condition, frequents fitness centres after having passed a long - often monotone- working day in the office showing symptoms of fatigue of the central motor activity and having no drive. This condition blocks him to reach his maximum physical power. To improve this situation of low physical power sportsmen also take stimulants, which content not rarely highly concentrated, synthetically fabricated caffeine. However, this caffeine is quickly absorbed by the human body and stimulates the whole sympatho-adrenerge system (adrenalin). This can cause the side effects of drinking too much coffee like nervousness and tachycardie (palpitations).

Solution: Guarana

The natural caffeine occuring in Guarana is absorbed slowly and gently by the organism over many hours. By that Guarana stimulates the central nervous system without causing the above mentioned side effects. No scientific large-scale study can prove this better than your own individual experience. For that reason, do simply taste Guarana and it s effects on your physical fitness!

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