

DIALED CARNAGE



INGREDIENT LIST BREAKDOWN:

Caffeine Anhydrous

Caffeine anhydrous is a concentrated form of caffeine and here are some of the potential benefits of caffeine anhydrous:

- **Increased energy**
- **Improved focus and alertness**
- **Increased athletic performance**
- **Weight loss**
- **Improved mood**

It is important to note that caffeine anhydrous can have negative side effects if consumed in excess, such as anxiety, jitters, and insomnia. It is also important to be cautious when using caffeine anhydrous in combination with other stimulants, as this can increase the risk of side effects. It is recommended to consult with a healthcare provider before using caffeine anhydrous or any other dietary supplement.

Beta Alanine

Beta-alanine is a naturally occurring amino acid that is used by the body to produce carnosine, a molecule that helps buffer acid in muscles during exercise. Here are some of the potential benefits of beta-alanine:

- **Improved Athletic Performance**
- **Increased Muscle Mass**
- **Delayed Onset of Muscle Soreness (DOMS)**
- **Improved Cognitive Function**
- **Reduced Risk of Disease**

It's important to note that while beta-alanine can provide these potential benefits, it is not a magic pill and should be used in conjunction with a balanced diet and regular exercise routine for optimal results. Additionally, it may cause a harmless tingling sensation in some individuals, but this is not a cause for concern.

L-Citrulline

L-citrulline is an amino acid that is commonly found in watermelons, cucumbers, and other fruits. It is also available as a dietary supplement in the form of capsules, powders, and tablets. Here are some potential benefits of L-citrulline:

- **Enhances exercise performance**
- **Reduces muscle soreness**
- **Improves erectile dysfunction**
- **Lowers blood pressure**
- **Supports immune function**

Overall, L-citrulline appears to be a promising supplement with a range of potential health benefits. However, more research is needed to fully understand its effects and optimal dosage. It is also important to speak with a healthcare professional before taking any new supplements.

Agmatine Sulfate

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Overall, L-citrulline appears to be a promising supplement with a range of potential health benefits. However, more research is needed to fully understand its effects and optimal dosage. It is also important to speak with a healthcare professional before taking any new supplements.

Black Pepper Extract

Black pepper extract, also known as piperine, is a bioactive compound found in black pepper. It has been shown to have various health benefits, including:

- **Improving digestion**
- **Enhancing nutrient absorption**
- **Anti-inflammatory properties**
- **Antioxidant activity**
- **Potential anticancer effects**
- **Potential antidepressant effects**

It is worth noting that further research is needed to fully understand the benefits of black pepper extract and how it can be used to improve human health.

L-Norvaline

L-norvaline is an amino acid that is structurally similar to the branched-chain amino acid valine. It is known to have several potential health benefits, including:

- **Boosts Nitric Oxide Production**
- **Enhances Exercise Performance**
- **Supports Muscle Growth**
- **Reduces Inflammation**
- **Supports Brain Health**
- **May Help with Diabetes**

It's worth noting that most of the benefits of L-norvaline are based on preliminary studies or animal research, and further research is needed to determine the exact mechanisms of action and potential health benefits for humans. Additionally, it's important to consult with a healthcare professional before taking any supplements, including L-norvaline.

English Walnut Extract

English walnut extract, also known as *Juglans regia* extract, has been studied for its potential health benefits. Here are some of the benefits that have been associated with English walnut extract:

- **Antioxidant properties**
- **Anti-inflammatory properties**
- **Cardiovascular health**
- **Brain function**
- **Skin health**

It's important to note that while some studies have shown promising results, more research is needed to confirm the benefits of English walnut extract and determine the appropriate dosage for therapeutic use. As with any supplement, it's always a good idea to talk to your healthcare provider before taking English walnut extract or any other dietary supplement.

L-Theanine

L-Theanine is an amino acid that is found primarily in green tea leaves. It is known for its calming effects and has been studied for its potential benefits in a variety of areas, including stress reduction, cognitive function, and sleep. Some of the benefits of L-Theanine include:

- **Stress reduction**
- **Cognitive function**
- **Sleep**
- **Blood pressure**
- **Immune system**

It is important to note that more research is needed to fully understand the potential benefits of L-Theanine, and it should not be used as a replacement for medical treatment. It is also important to talk to a healthcare provider before taking L-Theanine supplements, especially if you have any underlying health conditions or are taking medications.

Bitter Orange Extract – Synephrine

Bitter orange extract is derived from the bitter orange tree (*Citrus aurantium*), and is often used in dietary supplements and weight loss products. Some of the potential benefits of bitter orange extract include:

- **Weight loss**
- **Digestive health**
- **Anti-inflammatory properties**
- **Antioxidant properties**
- **Cardiovascular health**

It is important to note that while bitter orange extract may offer these potential benefits, more research is needed to fully understand its effects and potential risks. Additionally, bitter orange extract can interact with certain medications and may cause adverse effects in some individuals, so it is important to talk to a healthcare provider before taking any supplements containing bitter orange extract.

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