

PRODUCT INFORMATION

One Stop® Xtreme contains everything a bodybuilder needs. It is the result of decades of experience and our ability to understand and utilise data from real studies relating to sports performance. As a result, it delivers the following:

- 110 g* of protein including whey and micellar casein
- 20.6 g* of branched-chain amino acids (L-valine, L-leucine and L-isoleucine)
- 139 g* of carbohydrate including oats and barley
- 10,000 mg* Creapure® Creatine

100 % of the reference intake of 17 vitamins. Minerals from Albion® Human Nutrition including zinc for the maintenance of testosterone and the immune system, magnesium for reduced fatigue and tiredness

*per daily serving

INSTRUCTIONS FOR USE

Mix 145 g (approximately one level 250 ml measure) with 600 ml water until powder has fully dissolved. **Training days:** Take one serving mid-morning between meals and one serving after your workout. **Non-training days:** Take two servings, one mid-morning between meals and one serving in the afternoon between meals.

Guidance notice: This product is a food supplement and should be used in conjunction with food as part of a healthy and varied diet, not as a substitute for such. Recommended consumption is two 145 g servings per day. Do not exceed the stated recommended daily dose. This product is not intended for use by persons under the age of 18. **Keep out of reach of young children.** The scoop included with this product measures by volume not by weight, for precise measurements please use measuring scales. This product is sold by weight, not by number of servings. This product has been manufactured in a facility which is routinely tested for banned substances. See website for details.

Storage instructions: Store in a cool dry place. Once opened always tightly replace the lid onto the container when not in use. Best consumed within three months of opening or by the best before end date, whichever is sooner. **Best before end:** See shoulder, side or base.



REFLEX

NUTRITION

STRENGTH & PERFORMANCE

110g
PROTEIN

20+g
BCAA'S

10g
CREATINE

PER 290g
DAILY SERVING

2.03kg e

7 DAILY SERVINGS

FLAVOUR: SEE LID

NUTRITION INFORMATION

Typical Values	per 100 g	(RI)* NRV	per 290 g daily serving	(RI)* NRV
Energy	1,567 kJ / 370 kcal	(19 %)	4,543 kJ / 1,072 kcal	(54 %)
Fat	2.2 g	(3 %)	6.4 g	(9 %)
of which Saturates	0.9 g	(5 %)	2.6 g	(13 %)
Mono-unsaturates	0.7 g		2.0 g	
Polyunsaturates	0.5 g		1.5 g	
Carbohydrate	48 g	(18 %)	139 g	(54 %)
of which Sugars	1.6 g	(2 %)	4.6 g	(5 %)
Fibre	2.9 g		8.4 g	
Protein	38 g	(76 %)	110 g	(220 %)
Salt	0.65 g	(11 %)	1.9 g	(31 %)
Vitamin A	276 µg RE	35 %	800 µg RE	100 %
Vitamin D	5.2 µg	104 %	15 µg	300 %
Vitamin C	69 mg	86 %	200 mg	250 %
Thiamin	1.1 mg	100 %	3.2 mg	291 %
Riboflavin	1.1 mg	79 %	3.2 mg	229 %
Niacin	6 mg NE	38 %	17 mg NE	106 %
Vitamin B6	1.1 mg	79 %	3.2 mg	229 %
Folic Acid	69 µg	35 %	200 µg	100 %
Vitamin B12	0.86 µg	34 %	2.5 µg	100 %
Biotin	55 µg	110 %	160 µg	320 %
Pantothenic Acid	2.1 mg	35 %	6.1 mg	102 %
Magnesium	104 mg	28 %	302 mg	81 %
Iron	5.4 mg	39 %	16 mg	114 %
Zinc	5.2 mg	52 %	15 mg	150 %
Copper	550 µg	55 %	1,600 µg	160 %
Selenium	19 µg	35 %	55 µg	100 %
Chromium	35 µg	88 %	100 µg	250 %

*Reference intake of an average adult (8,400 kJ/2,000 kcal)

ADDITIONAL INFORMATION

AMINO ACIDS	VITAMIN LIKE SUBSTANCES	
Branched-Chain Amino Acids	20,640 mg	Choline 200 mg
of which Free Form L-Leucine	6,000 mg	DeltaGold® Tocotrienols 15 mg
Glutamine Peptides	20,000 mg	
Creapure® Creatine Monohydrate	10,000 mg	DIGESTION
Betaine Anhydrous	5,200 mg	DigeZyme® Digestive 290 mg
Beta Alanine	3,600 mg	Enzyme Complex
L-Taurine	3,000 mg	BioPerine® Piperine 10 mg
		<i>Bifidobacterium bifidum</i> 725,000,000 CFU†
		<i>Lactobacillus acidophilus</i> 725,000,000 CFU†
		<i>Lactobacillus rhamnosus</i> 725,000,000 CFU†

†Colony Forming Units

INGREDIENTS

Protein Blend (42 %) (of which Whey Protein Concentrate (71 %) (MILK), MILK Protein Concentrate (29 %) (of which Micellar Casein (89 %), Native Whey Protein (20 %))), Low GI Carbohydrate Complex (of which OAT Flour (50 %), BARLEY Flour (50 %)), Maltodextrin, Glutamine Peptides (WHEAT), Cocoa Powder (chocolate varieties only), Creatine Monohydrate (Creapure®), L-Leucine, Betaine Anhydrous, Flavouring, Beta-Alanine, Taurine, Magnesium Bisglycinate, Thickener (Cellulose Gum), Colour (Beetroot Red (strawberry variety only)), L-Choline, Colour (Beta Carotene (vanilla variety only)), Enzyme Complex (DigeZyme® (Alpha-Amylase, Neutral Protease, Cellulase, Lactase Lipase)), Sweetener (Sucralose), L-Ascorbic Acid, Sweetener (Steviol Glycosides), Zinc Bisglycinate, Tocotrienol-Rich Annatto Seed Extract (DeltaGold®), Colour (Anthocyanins (strawberry variety only)), Ferrous Bisglycinate, Protected Lactic Acid Bacteria (*Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*), Nicotinamide, Copper Bisglycinate, Selenomethionine (Selenium SeLECT®), Piperine (BioPerine®), Retinyl Acetate, Calcium D-Pantothenate, Cholecalciferol, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Chromium Picolinate, Pteroylmonoglutamic Acid, D-Biotin, Methylcobalamin.

Flavoured food supplement powdered drink mix, high in protein with added vitamins and minerals, creatine, amino acids and with sweeteners.

ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in **BOLD**. May also contain traces of Egg and Soya Lecithin.

ReflexNutritionLtd

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Manufactured in the UK by:
Reflex Nutrition Ltd,
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The ingredients of this product may originate from countries other than the United Kingdom.

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ONE STOP® XTREME