

INSTRUCTIONS FOR USE

Important: Please assess your tolerance before using Muscle Bomb® as part of your diet and training regime.

To assess tolerance: Do not take in conjunction with other caffeine containing products. Consume half a serving (15 g, approximately one heaped 25 ml measure) with 175 ml of water and wait 30 minutes. If no adverse effects (breathing trouble, confusion, vomiting or heart palpitations) are experienced, proceed with the remaining half serving. Assuming you can tolerate a full serving without adverse effect, use in conjunction with your training. If any adverse effects are experienced, discontinue use and seek advice from a healthcare professional. **Do not take more than 30 g as a serving.** A caffeine-free version of Muscle Bomb® is available if caffeine tolerance is an issue.

On training days: Mix 30 g (approximately two heaped 25 ml measures) with 350 ml water, consume on an empty stomach 30–40 minutes before your workout.

To avoid desensitisation, discontinue use of this product after 12 weeks of use and take a 4 week break before resuming use.

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 up to 30 g of product in a day. Do not exceed the stated recommended daily dose. 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 away from direct sunlight. Always seal container after each use. **Keep out of reach of young children.**

Best before end: See shoulder, side or base.

GRAPEFRUIT
FLAVOUR



REFLEX

NUTRITION

STRENGTH & PERFORMANCE

8 g

CITRULLINE
MALATE

3.2 g

BETA
ALANINE

7 g

BCAA

PER 30g SERVING

600 g e

20 SERVINGS

NUTRITION INFORMATION

| Typical Values | per 100 g | (RI)* NRV | per 30 g serving | (RI)* NRV |
|--------------------|-------------------|--------------|---------------------|--------------|
| Energy | 1,509 kJ/355 kcal | (18 %) | 453 kJ/107 kcal | (5 %) |
| Fat | <0.5 g | (0 %) | <0.5 g | (0 %) |
| of which Saturates | <0.1 g | (0 %) | <0.1 g | (0 %) |
| Carbohydrate | 24 g | (9 %) | 7.1 g | (3 %) |
| of which Sugars | 8.0 g | (9 %) | 2.4 g | (3 %) |
| Protein | 65 g | (130 %) | 20 g | (39 %) |
| Salt | 2.4 g | (40 %) | 0.72 g | (12 %) |
| Vitamin B6 | 4.0 mg | 286 % | 1.2 mg | 86 % |
| Folic Acid | 2,000 µg | 1,000 % | 600 µg | 300 % |
| Vitamin B12 | 63 µg | 2,520 % | 19 µg | 760 % |

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

INGREDIENTS

Citrulline Malate, Branched-Chain Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine, Emulsifier (Sunflower Lecithin)), Beta-Alanine, Maltodextrin, Betaine Anhydrous, L-Carnitine L-Tartrate, Flavouring, L-Taurine (L-Taurine, Anti-Caking Agent (Silicon Dioxide)), Sodium Bicarbonate, Caffeine Anhydrous, Sweetener (Steviol Glycosides), Colour (Beetroot Red), Anti-Caking Agents (Calcium Silicate, Silicon Dioxide), Grape Seed Extract, Pine Bark Extract, Vitamin B12 (Maltodextrin, Anti-Caking Agent (Calcium Silicate), Methylcobalamin), Pyridoxine Hydrochloride, Folic Acid (Pteroylmonoglutamic Acid, Maltodextrin).

Food supplement - flavoured powdered drink mix, with vitamins, amino acids and with sweetener. High caffeine content. **Not recommended for children of pregnant or breast-feeding women** (250 mg per 30 g).

Muscle Bomb® is a registered trademark of Reflex Nutrition Ltd.

ADDITIONAL INFORMATION

| Typical Values | per 30 g serving |
|----------------------------|------------------|
| Citrulline Malate | 8 g |
| Beta-Alanine | 3.2 g |
| Caffeine | 250 mg |
| Betaine Anhydrous | 2.6 g |
| Branched-Chain Amino Acids | 7 g |
| of which L-Leucine | 3.4 g |
| L-Isoleucine | 1.8 g |
| L-Valine | 1.8 g |
| L-Carnitine L-Tartrate | 2 g |
| Taurine | 1 g |
| Grapeseed Extract | 58 mg |
| Pine Bark Extract | 58 mg |



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.



MUSCLE BOMB®