

PRODUCT INFORMATION

INSTANT WHEY™ PRO incorporates high levels of the finest EU derived dairy proteins in order to deliver the highest possible quality and a guaranteed protein level of 80 %. With very low levels of sugar and fat and a range of nine fantastic flavours. **INSTANT WHEY™ PRO** is one of the only protein powders to deliver 80 % protein, batch tested in our own lab.

A1 GRADE WHEY PROTEIN

Protein contributes to a growth and to the maintenance of muscle mass

Cold processed dairy proteins extracted using the latest ultrafiltration technology

All dairy proteins are sourced from EU grass-fed dairy cattle which are free from banned growth hormones and antibiotics

THE BEST QUALITY AND TASTE

Batch tested to guarantee quality

A range of creamy and thick flavours

Provides four types of friendly bacteria

AVAILABLE FLAVOURS

Banana & Custard, Banoffee Pie, Choc-Mint Perfection, Chocolate Perfection, Choc-Peanut Butter, Cinnamon Vanilla Roll, Raspberry Delight, Strawberries & Cream and Vanilla Ice Cream.

At **REFLEX NUTRITION** we are experts in advanced nutrition and the utilisation of the latest scientific research. Our knowledge to source and use the very highest quality ingredients ensures market leading products.

Find out more at ReflexNutrition.com



REFLEX

NUTRITION

HIGH PROTEIN

FLAVOUR: SEE LID

80%
PROTEIN

1.8g
CARBS

0.9g
FAT

PER 25g
SERVING

900g e

36 SERVINGS

NUTRITION INFORMATION

| Typical Values | Per 100 g | (RI)* | Per 25 g | (RI)* |
|--------------------|-------------------|---------|----------------|--------|
| Energy | 1,625 kJ/384 kcal | (19 %) | 406 kJ/96 kcal | (5 %) |
| Fat | 3.5 g | (5 %) | 0.9 g | (1 %) |
| of which Saturates | 1.3 g | (7 %) | 0.3 g | (2 %) |
| Mono-unsaturates | 0.6 g | | 0.2 g | |
| Polyunsaturates | 1.1 g | | 0.3 g | |
| Carbohydrate | 7.0 g | (3 %) | 1.8 g | (1 %) |
| of which Sugars | 2.5 g | (3 %) | 0.6 g | (1 %) |
| Fibre | 2.0 g | | <0.5 g | |
| Protein | 80 g | (160 %) | 20 g | (40 %) |
| Salt | 0.58 g | (10 %) | 0.15 g | (2 %) |

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

ADDITIONAL INFO

Typical Values per 25 g serving

| DIGESTION | |
|---------------------------------------|--------------------|
| DigeZyme® Enzyme Complex | 50 mg |
| LactoSpore® <i>Bacillus coagulans</i> | 125,000,000 spores |
| <i>Bifidobacterium bifidum</i> | 125,000,000 CFU† |
| <i>Lactobacillus acidophilus</i> | 125,000,000 CFU† |
| <i>Lactobacillus rhamnosus</i> | 125,000,000 CFU† |

†Colony Forming Units

INGREDIENTS

Protein and Amino Acid Blend (~94 %) (of which Dairy Proteins (~71 %) (Ultrafiltered Whey Proteins (**MILK**) and Cold Filtered Native Whey Proteins (**MILK**), **MILK** Protein Concentrate), Glutamine Peptides (**WHEAT**), L-Glutamine, Emulsifier (**SOYA** Lecithin)), Cocoa Powder (chocolate varieties), Flavours, Thickener (Cellulose Gum), Colour (Beetroot Red (*strawberry and raspberry varieties only*)), Enzyme Complex (DigeZyme® (Alpha-Amylase, Neutral Protease, Cellulase, Lactase, Lipase)), Flavour Enhancer (Potassium Chloride), Sweetener (Acesulfame K), Colour (Beta Carotene (*banana, cinnamon and vanilla varieties only*)), *Bacillus coagulans* (LactoSpore®), Sweetener (Sucralose), Protected Lactic Acid Bacteria (*Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*).



Manufactured in the UK by:
Reflex Nutrition Ltd, The Science Park,
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ReflexNutrition.com

The ingredients of this product may originate from countries other than the United Kingdom.

Instant Whey™ is a trademark of Reflex Nutrition Ltd. DigeZyme™ and LactoSpore™ are registered trademarks of Sibirina Corporation.



INSTRUCTIONS FOR USE

Mix 25 g (approximately two level 25 ml measures) with 200 ml of water or skimmed milk until a smooth even consistency is achieved. Consume 1-3 servings daily.

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 three 25 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 16. 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. Keep lid on after opening. Best consume entire product within 3 months of opening.

Best before end: See shoulder, side or base.

Flavoured food supplement powdered drink mix, high in protein, with sweeteners.

ALLERGY ADVICE

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



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