

PRODUCT INFORMATION

ONE STOP® has been the go-to supplement for anyone wanting a very high quality no-nonsense supplement that delivers the highest quality EU sourced proteins in combination with the worlds No.1 Creatine, 100% of the NRV vitamins, additional zinc and magnesium and much more.

PROTEIN

Contributes to the growth and maintenance of muscle mass

CARBOHYDRATE

Our low GI carbohydrates release their energy slowly and steadily to fuel the body

VITAMINS

12 added vitamins to help normal muscle function, energy-yielding metabolism, immune system and reduction in tiredness and fatigue

MINERALS

The minerals we use are amino acid chelated, which means they are chemically bound to an amino acid and are better absorbed and utilised by the body

ADDITIONAL SUPPORT

This supplement contains the purest creatine available. Creapure® creatine monohydrate increases physical performance in successive bursts of short-term, high intensity exercise

INSTRUCTIONS FOR USE

Mix **75g** (approximately three level 60 ml measures) with **350 ml** of water until a smooth even consistency is achieved. Product is best mixed in a shaker or blender. For a thicker, creamier and more intense tasting shake, try mixing with less water or mix with milk. Consume 2 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 two servings per day. Do not exceed the stated recommended daily dose. Keep out of reach of children.

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.



ReflexNutritionLtd



@ReflexNutrition



REFLEX

NUTRITION

STRENGTH & PERFORMANCE

75g
PROTEIN

51g
CARBS

7g
FIBRE

PER 150g
DAILY SERVING

2.1kg e
28 SERVINGS

FLAVOUR: SEE LID

ONE STOP®

NUTRITION INFORMATION

Typical Values	per 100 g	(RI)* NRV	per 150 g daily serving	(RI)* NRV
Energy	1,594 kJ 377 kcal		2,392 kJ 566 kcal	(28%) (8%)
Fat of which				
Saturates	0.9 g		1.4 g	(8%)
Mono-unsaturates	1.1 g		1.6 g	
Polyunsaturates	1.1 g		1.6 g	
Carbohydrate of which	3.4 g		51 g	(20%)
Sugars	10 g		15 g	(16%)
Fibre	4.6 g		7 g	
Protein	50 g		75 g	(150%)
Salt	0.4 g		0.6 g	(10%)
Vitamin A	533 µg	(67%)	800 µg	(100%)
Vitamin D3	10 µg	(200%)	15 µg	(300%)
Vitamin E	10 mg	(83%)	15 mg	(126%)
Vitamin C	133 mg	(166%)	200 mg	(249%)
Thiamin	2.1 mg	(191%)	3.2 mg	(291%)
Riboflavin	2.1 mg	(150%)	3.2 mg	(229%)
Niacin	12 mg	(75%)	18 mg	(113%)
Vitamin B6	2.1 mg	(150%)	3.2 mg	(229%)
Folic Acid	133 µg	(67%)	200 µg	(100%)
Vitamin B12	1.66 µg	(66%)	2.49 µg	(100%)
Biotin	106 µg	(212%)	159 µg	(318%)
Pantothenic Acid	4 mg	(67%)	6 mg	(100%)
Magnesium	200 mg	(53%)	300 mg	(80%)
Iron	3.1 mg	(22%)	4.7 mg	(33%)
Zinc	10 mg	(100%)	15 mg	(150%)
Copper	1.07 mg	(107%)	1.6 mg	(160%)
Selenium	36.5 µg	(66%)	54.8 µg	(100%)
Chromium	67 µg	(168%)	101 µg	(251%)

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

ADDITIONAL INFORMATION

Typical Values	per 150 g daily serving
Creatine Monohydrate (Creapure®)	10,000 mg
L-Leucine	8,250 mg
L-Choline	200 mg
Piperine (BioPerine®)	10 mg
Enzyme Complex (DigeZyme®)	150 mg
Bacillus Coagulans (LactoSpore®)	150,000,000 spores

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

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INGREDIENTS

One Stop® Premium Protein Blend (~38%) (Whey Protein Concentrate (MILK), EGG White Protein Isolate, Hydrolysed Whey Protein (degree of hydrolysis 30%) (MILK), Native Whey Protein Isolate (MILK)), CarboBiotics™ Low GI Carbohydrate Complex (~27%) (OAT Flour, BARLEY Flour, Trehalose, Fructooligosaccharide), Maltodextrin, Creatine Monohydrate (Creapure®), Glutamine Peptides (WHEAT), Cocoa Powder (~4%) (chocolate varieties only), Magnesium Bisglycinate, Colour (Beetroot Red (strawberry variety only)), Thickener (Carboxymethyl Cellulose), L-Leucine (free form), Flavourings, Emulsifier (SOYA Lecithin), L-Choline Bitartrate, Colour (Beta Carotene (banana and vanilla varieties only)), Sweetener (Acesulfame K), L-Ascorbic Acid, Digestive Enzyme Complex (DigeZyme® (Amylase, Cellulase, Lactase, Lipase & Neutral Protease)), Sweetener (Sucralose), Zinc Bisglycinate, Tocotrienols (DeltaGold® (35% total Tocotrienols of which 84-92% Delta-Tocotrienols, 8-16% Gamma-Tocotrienols), Bacillus Coagulans (LactoSpore®), Iron Bisglycinate, Nicotinamide, Copper Bisglycinate, L-Selenomethionine (SeleniumSeLECT®), Piperine (BioPerine®), Retinyl Acetate, D-Calcium Pantothenate, Cholecalciferol, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Pteroylmonoglutamic Acid, D-Biotin, Methylcobalamin.

ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in **BOLD**.



Manufactured in the UK by:
Reflex Nutrition Ltd
The Science Park
Sea View Way
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ReflexNutrition.com

