

# REFLEX

## NUTRITION

### STRENGTH & PERFORMANCE

**1,160**  
CALORIES

**219g**  
CARBS

**60g**  
PROTEIN

PER 300g  
SERVING

**5.4kg e**

## INSTANT MASS® HEAVYWEIGHT



**5.4kg e**

## INSTANT MASS® HEAVYWEIGHT

### ADDITIONAL INFORMATION

Typical Values	per 300g	per 500g	NRV (%)
<b>AMINO ACIDS</b>	1,000 mg	3,000 mg	(7%)
<b>OTHER VITAMINS &amp; MINERALS</b>	L-Glutamine Creatine Monohydrate	1,000 mg 3,000 mg	(59%) (7%)
<b>ABSORPTION AND GUT</b>	Choline Delatoidl® Tocotrienols Iron Magnesium	100 mg 7.5 mg 2.5 mg 150 mg	(84%) (4%) (4%) (12%)
<b>INGREDIENTS</b>	Carbohydrate Blend (66%) (Maltodextrin, OAT Blend (-15%) (Whey Protein Concentrate (MILK), Hydrolysed Whey Proteins (MILK), Native Whey Protein Isolate (MILK), MILK Protein Concentrate, Egg Protein Albumen, Emulsifier (SOYA Lecithin)), Glutamine Peptides (WHEAT), Cocoa Powder (chocolate varieties only), Flavourings, Creatine Monohydrate (Creapure®), Colour (Beetroot Red (strawberry variety only), L-Glutamine, Magnesium Vanillylcinnamate, L-Choline, Colour (Beta Carotene (Vanilla variety only)), Sweetener (Sucralose), Zinc Bisglycinate, Tocotrienol-Rich Annatto Seed Extract, Ferrous Bisglycinate, Nicotinamide, Copper Bisglycinate, Selenomethionine, Piperine (BioPerine®), Retinyl Acetate, Calcium D-Pantothenate, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Methylcobalamin, Pteroylmethionylglutamic Acid, D-Biotin, For allergens, including cereals containing gluten, see ingredients in bold.		

### NUTRITION INFORMATION

Typical Values	Per 100g	Per 300g	NRV (%)
<b>Energy</b>	1,641 kJ / 387 kcal	4,923 kJ / 1,160 kcal	(20%)
<b>Fat</b>	16g	48g	(3%)
<b>of which Saturates</b>	0.6g	1.8g	(1%)
<b>Monounsaturates</b>	0.4g	1.1g	(1%)
<b>Polysaturates</b>	0.6g	1.7g	(1%)
<b>Carbohydrate</b>	75g	219g	(28%)
<b>of which Sugars</b>	11g	33g	(1%)
<b>Fibre</b>	<0.5g	<0.5g	(1%)
<b>Protein</b>	20g	60g	(40%)
<b>Salt</b>	0.23g	0.69g	(4%)
<b>Vitamin A</b>	133 µg RE	400 µg RE	17%
<b>Vitamin D</b>	2.5 µg	7.5 µg	50%
<b>Vitamin C</b>	35 mg	100 mg	42%
<b>Riboflavin</b>	0.53 mg	1.6 mg	48%
<b>Niacin</b>	3 mg NE	9 mg NE	19%
<b>Vitamin B6</b>	0.5 mg	1.5 mg	36%
<b>Folic Acid</b>	33.3 µg	100 µg	16%
<b>Vitamin B12</b>	0.4 µg	1.2 µg	16%
<b>Biotin</b>	27 µg	80 µg	53%
<b>Pantothenic Acid</b>	1 mg	3 mg	17%
<b>Zinc</b>	2.5 mg	7.5 mg	25%
<b>Chromium</b>	17 µg	50 µg	42%

Reference intake of an average adult (8400 kJ/2,000 kcal)

### PRODUCT INFORMATION

Our most calorie-dense weight gainer formulated specifically for hard gainers and all athletes wanting a very high quality source of protein and complex carbohydrates. This product is formulated to outperform the competition in every area.

- 60g protein per 300g serving
- 219g carbohydrate per 300g serving
- 3g Creapure® creatine to increase physical performance in successive bursts of short-term, high intensity exercise
- Vitamin C, Vitamin D3 and copper to support a healthy immune system
- Available in four mouth-watering flavours:
  - Choc-Peanut Butter, Chocolate Perfection,
  - Strawberries & Cream and Vanilla Ice Cream.

### INSTRUCTIONS FOR USE

For a full serving mix 300g (approximately two level 250 ml measures) with 700 ml water in a suitable shaker cup or blender mix until smooth. New users of this product may find it easier to start with a half serving and then slowly increase to one or more full servings per day as required by your calorie intake plan.

**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 two 300g servings per day. Do not exceed the stated recommendation daily. 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 typically provides 32 x 150g servings or 18 x 300g servings. This product is sold by weight, not by number of servings.

**Storage instructions:** Store in a cool dry place. Squeeze out excess air and reseal bag after each use. Best consume entire product within 3 months of opening.

**Best before end:** See base.

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.

Manufactured in the UK by:  
Reflex Nutrition Ltd, The Science Park,  
Sea View Way, Brighton, BN2 6NT  
ReflexNutrition.com  
The ingredients of this product may originate from countries other than the UK.

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ISO 9001 REGISTERED FIRM

ALLERGY ADVICE  
For allergens, including cereals containing gluten, see ingredients in bold.

