

PRODUCT INFORMATION

Build is a protein and carbohydrate formulation for those seeking a plant based product that also has vegan credentials. It may be suitable for anyone looking for a non-dairy source of protein combined with carbohydrate.

The protein which contributes to the growth and maintenance of muscle mass is sourced from high quality pea protein which comes from a French yellow pea crop that is highly sustainable, environmentally friendly and GMO free. It is grown without the use of nitrogen fertiliser and produced using a unique water filtration process thereby avoiding the use of either chemicals or alcohols. Pea protein is an excellent source of protein as it has a complete amino acid profile, is rich in Branched Chain Amino Acids (BCAA's), high in Arginine and has a digestibility rating of 98 %.

Build provides 54 g of carbohydrates per serving incorporating a balance of both slow and fast release sources.

KEY INGREDIENTS

Each serving provides 54 g of both protein and carbohydrate

Zinc, which contributes to normal macronutrient metabolism and normal protein synthesis.

Pre-biotic fibre
Fructooligosaccharide,
DigeZyme[®] digestive enzymes and LactoSpore[®] friendly bacteria.

A NEW TASTE EXPERIENCE

Build has been formulated to challenge your expectations of a plant based protein providing what we believe is a smooth and almost graininess free shake.

Copper, which contributes to normal iron transport in the body, as well as the normal function of the immune system.

Vitamin B6, which contributes to normal red blood cell formation and to the reduction of tiredness and fatigue.

COCOA FLAVOUR



REFLEX
NUTRITION
PLANT BASED

54g
PROTEIN

CONTAINS FRIENDLY BACTERIA

CONTAINS DIGESTIVE ENZYMES

PER 136g SERVING

2.727 kg e

20 SERVINGS

NUTRITION INFORMATION

Typical Values	Per 100 g (RI)*	Per 136 g serving (RI)*
Energy	1,578 kJ 373 kcal	(19 %) 507 kcal
Fat	5.1 g	(7 %)
of which Saturates	1.5 g	(8 %)
Mono-unsaturates	1.4 g	1.9 g
Polyunsaturates	2.0 g	2.7 g
Carbohydrate	4.0 g	(15 %)
of which Sugars	18 g	(20 %)
Fibre	3.4 g	4.7 g
Protein	4.0 g	(80 %)
Salt	1.7 g	(28 %)
Vitamin B6	4.0 mg	286 %
Magnesium	74.0 mg	20 %
Zinc	3.3 mg	33 %
Copper	550 µg	55 %

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

ADDITIONAL INFO

Typical Values	per 136 g serving
Boron	1 mg
Digestive Enzyme Complex (DigeZyme [®])	50 mg
<i>Bacillus coagulans</i> (LactoSpore [®])	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

Pea Protein (46 %) (Nutralys[®]), Maltodextrin, OAT Flour, Cocoa Powder (8 %), Fructooligosaccharide (4 %), Flavourings, Magnesium Bisglycinate, Thickener (Cellulose Gum), Sea Salt, Sweetener (Steviol Glycosides), Digestive Enzymes (DigeZyme[®] Enzyme Complex (Alpha-Amylase, Lactase, Cellulase, Neutral Protease, Lipase)), Zinc Bisglycinate, Bacillus coagulans (LactoSpore[®]), Sodium Borate, Copper Bisglycinate, Pyridoxine Hydrochloride, Protected Lactic Acid Bacteria (*Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*).



Manufactured in the United Kingdom by:
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ReflexNutrition.com

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

DigeZyme[®] and LactoSpore[®] are registered trademarks of Sabinsa Corporation, Nutralys[®] is a registered trademark of Rocalette Finres.

INSTRUCTIONS FOR USE

Mix 136 g (approximately one heaped 250 ml measures) with 500 ml of water until a smooth even consistency is achieved. Consume 1-2 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 up to two 136 g servings per 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.

Food supplement - High protein, plant based, flavoured powdered drink mix, with vitamins, minerals and with sweetener.

ALLERGY ADVICE

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



BUILD