

# TROPICAL PUNCH

/// HIGH PROTEIN

## /// PRODUCT INFORMATION

**WHEY REFRESH®** is the perfect product for people who demand a convenient source of high quality water based protein. **WHEY REFRESH®** is naturally loaded with BCAA's, free from artificial colours, flavours and sweeteners and is virtually free from fat and carbohydrates.

## /// DIRECTIONS FOR USE

Best served chilled, shake bottle well before opening. Suitable for consumption before, during or after exercise or whenever you need a quick and easy source of protein. Once opened consume the entire product on the day of opening.

## Storage instructions:

Store in a cool dry place away from direct sunlight.

## Guidance notice:

This product is a food supplement and should be used in conjunction with food as part of a healthy balanced diet, not as a substitute for such. This product is not intended to diagnose, cure or prevent any disease. This product is not intended for use by persons under the age of 16. Keep out of reach of young children. Do not exceed the stated daily dose.

**R®** is a trademark of Reflex Nutrition Ltd. Whey Refresh® is a registered trademark of Reflex Nutrition Ltd.



823 2 010 0500 18 01

# TROPICAL PUNCH

/// HIGH PROTEIN

# R<sup>®</sup>

NUTRITION

# WHEY REFRESH<sup>®</sup>

## WHEY PROTEIN ISOLATE

0g  
FAT

30g  
PROTEIN

0g  
CARBS

130  
CALORIES

# TROPICAL PUNCH

/// HIGH PROTEIN

## /// NUTRITION INFORMATION

Typical values	per 100 ml	per 500 ml
Energy	105 kJ 26 kcal	525 kJ 130 kcal
Fat	trace	0.1 g
of which Saturates	trace	trace
Mono-unsaturates	trace	trace
Polyunsaturates	trace	trace
Carbohydrate	trace	trace
of which Sugars	trace	trace
Fibre	0 g	0 g
Protein	6 g*	30 g*
Salt	trace	trace
BCAAs	1,494 mg	7,470 mg
of which Leucine	690 mg	3,450 mg
Isoleucine	426 mg	2,130 mg
Valine	378 mg	1,890 mg

\*Protein calculated using a Nitrogen multiplier value of 6.38

## /// INGREDIENTS

Filtered Water, Whey Protein Isolate (MILK), Acid (Citric Acid), Natural Flavourings, Acid (Phosphoric Acid), Natural Sweetener (Stevia), Natural Colour (Lycopene), Acid (Malic Acid), Anti-Foaming Agent (E900), Preservative (Potassium Sorbate), Antioxidant (L-Ascorbic Acid).

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

**Manufactured at an Informed-Sport registered UK site by:**  
Reflex Nutrition Ltd,  
The Science Park,  
Sea View Way,  
Brighton, BN2 6NT  
[www.reflex-nutrition.com](http://www.reflex-nutrition.com)



**f** ReflexNutritionLtd

**@ReflexNutrition**



500 ml e

Best before: See cap

Food supplement drink high in whey protein isolate, loaded with BCAA's, made with natural colour, flavour and sweetener (stevia)