

THE MYTHS

- 1 Drastic needs call for drastic measures.**
Not true, but if you need to lose a lot of weight, it's a case of combining the right diet with the right exercise with the right supplements. Every individual will have a different response to different stimulus but unrealistic or unhealthy approaches are not the right approach. The key to this is to build these cornerstones in a structured way, understanding what each component is delivering in terms of results.
- 2 I have to cut fat out of my diet in order to achieve my goals.** Whilst fat is calorie dense, it is more important to be conscious of the types of fat that you are consuming. Generally speaking, mono-unsaturated (olive oil, canola oil, rapeseed oil and nuts) and polyunsaturated fats (sunflower oil, walnuts, corn and soy bean) are more preferable than saturated fats (coconut, butter and cheese) or food products containing trans fats or interesterified fats.
- 3 Aerobic exercise is all I need to focus on.**
Not strictly true and most exercise including weight training contains an aerobic element. Also remember that increased muscle tissue inherently requires calories and protein so can help utilise stored fat.
- 4 Weight management products can be unsafe and a waste of money.** All of the ingredients used in Reflex weight management products are totally safe and of the highest quality.

REFLEX NUTRITION

Reflex Nutrition was started in 1996 by James Phillips with the sole aim of producing the finest supplements available; in our eyes that means perfection with no equal. To achieve perfection is extremely challenging and it is a word that cannot be casually used unless it is supported in the real world. In our industry perfection requires both intimate knowledge of the nutraceutical world and exacting manufacturing standards. Reflex Nutrition's sheer determination to lead the market in both innovation and quality resulted in the design and manufacture of the Reflex Science Park on the outskirts of Brighton. The two acre site provides exceptional manufacturing facilities for the production of the following full range of extremely high quality sports nutrition supplements;

Safe solutions

Using safe and tested ingredients in research based dosages is very much at the heart of Reflex's philosophy. Equally important is the use of the highest quality ingredients. This can be seen across all of the products in this category which gives complete peace of mind.



INFORMED-SPORT
REGISTERED FACILITY



PROTEIN TESTED



ISO 9001



MONEY BACK
GUARANTEE



HALAL CERTIFIED



FREE FROM SOY

WHEN CONVENIENCE IS KEY...



R BAR PROTEIN

If you want to keep a clean and nutritionally balanced bar to hand for any point in the day or for a protein hit when you've finished your exercise or workout then look no further. It is a protein bar of unrivalled quality incorporating nutritionally uncompromised ingredients. Every ingredient has been carefully selected providing you with the finest quality protein, whole nut butters, cocoa butter and carefully tailored natural flavours. Each bar delivers 20 g of protein, 10 g of fibre and a maximum 2 g of sugar.

SIZE: 60 g **FLAVOURS:** Cherry Bakewell, Chocolate Peanut Caramel, Cookies & Cream, Double Chocolate Brownie, White Chocolate Apricot, White Chocolate Raspberry Ripple.



R BAR FLAPJACK

An oat based bar delivering 21 g of low GI carbohydrates and 18 g of EU sourced grass fed protein. Made to the highest standards with rapeseed oil, glycerine and gluco fibre, this bar uses natural flavours, colours and is sweetened with stevia. Crucially, it contains NO palm oil, soy protein, glucose syrup, gluten or GMO ingredients. It also contains NO artificial colours, flavourings or sweeteners.

SIZE: 70 g **FLAVOURS:** Apple & Blackberry Crumble, Cherry & Almond, Maple Syrup.

R

Reflex®
Tomorrow's nutrition today.

WEIGHT MANAGEMENT

ALL YOU NEED TO KNOW ABOUT THE RANGE



WWW.REFLEXNUTRITION.COM

INFORMED-SPORT ACCREDITED SITE

The Reflex Nutrition manufacturing sites are accredited by Informed-Sport which means the facility and our processes have been rigorously scrutinised by LGC who test for the presence of any banned substances that appear on the WADA list. In order to gain this accreditation, a two stage process was undertaken. Firstly, evidence of working practices had to be provided, followed by an inspection by an LGC representative who took twenty random swab tests throughout the site. These samples were screened against 150 compounds taken from the WADA (World Anti-Doping Agency) prohibited list. This process is repeated every six months in order for us to retain the certification.

It is important to note that this site registration has been further complemented by specific batch testing on particular products which have then been quarantined and will be made available to professional athletes.

PROTEIN TESTED PRODUCTS

Given that we manufacture our own products, offer a Full Money Back Guarantee and pride ourselves on delivering world class supplements of unsurpassed quality, we take a raft of steps to ensure that our products meet label claim.

We test every single batch of protein product that we manufacture. We take a sample and then test this in our on-site research laboratory. We also send regular samples to be tested in a third party lab.

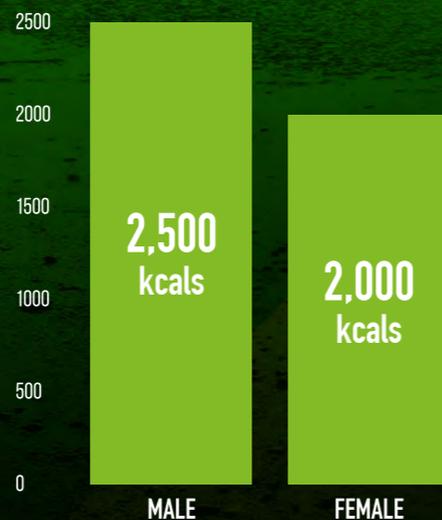
The samples that we take are analysed using a Nitrogen Combustion Analyser. This machine is typically found in dedicated research labs and is used to accurately determine the nitrogen content of test materials which are accurate indicators of protein content.

The results of these tests are published on our website for complete transparency. This process indicates not only our commitment to quality but also the accuracy and integrity of our raw material sourcing and manufacturing processes.

FIND OUT MORE ABOUT THE RANGE
AT WWW.REFLEXNUTRITION.COM

WEIGHT MANAGEMENT

As part of any weight management programme, consideration of body type (ectomorph, endomorph, mesomorph), gender, level of normal energy expenditure and target body weight needs to be considered. Once a daily calorie intake is calculated (the typical non-training male is said to require 2,500 kcals per day and the typical female, 2,000 kcals), consideration should also be given to the composition of macronutrients.



MRP'S, PROTEIN AND CAPSULES



DIET MRP®

72g PROTEIN, 35.8g CARBOHYDRATE
PREMIUM QUALITY VITAMINS AND MINERALS
PER 80g SERVING

Diet MRP® (meal replacement powder) provides an exact balance of protein, low GI carbohydrate, a vitamin and mineral blend as well as antioxidants.

SIZE: 2.4 kg.

FLAVOURS: Chocolate, Chocolate Peanut Butter, Strawberry, Vanilla.



DIET PROTEIN™

72g PROTEIN, 3.2g CLARINOL® CLA
300mg GREEN TEA EXTRACT
500mg L-CARNITINE, 300mg DAIRY CALCIUM
PER 50g SERVING

Diet Protein™ provides all of the benefits of protein and dairy calcium with the added benefit of a research proven dose of CLA, green tea extract, L-carnitine L-tartrate and healthy bacteria.

SIZE: 900 g, 2 kg.

FLAVOURS: Banoffee, Chocolate, Strawberry.



ACETYL L-CARNITINE

500mg ACETYL L-CARNITINE PER CAPSULE

Acetyl L-Carnitine is similar in form to the amino acid L-carnitine and has some similar functions being involved in the metabolism of food into energy.

SIZE: 90 capsules.



L-CARNITINE

500mg L-CARNITINE PER CAPSULE

L-carnitine plays a vital role in transporting fatty acids into the body's cells for the production of ATP and energy.

SIZE: 100 capsules.



DIET CARNITINE

1,500mg L-CARNITINE, ONLY 7 CALORIES
300mg GREEN TEA EXTRACT PER 500ml SERVING

A great tasting diet drink with no added carbohydrate that contains 1,500 mg of pure L-carnitine.

SIZE: 500 ml.

FLAVOURS: Lemon, Tropical Punch.



CLA

750mg CLARINOL® CLA PER CAPSULE

Conjugated Linoleic Acid is a general term for a mixture of conjugated dienoic isomers of linoleic acid (C18:2 n-6). CLA is present as a natural compound in meat and dairy products.

SIZE: 90 capsules.



GREEN TEA

One capsule provides the equivalent of between 3 and 4 cups of green tea.

SIZE: 100 capsules.



THERMO FUSION®

800mg L-CARNITINE TARTRATE
240mg ACETYL L-CARNITINE
400mg DL-PHENYLALANINE
240mg GREEN TEA EXTRACT
120mg CHOLINE
200mg ALPHA LIPOIC ACID
PER 4 CAPSULES

Thermo Fusion® contains a potent industry leading dose of L-carnitine, green tea extract, caffeine, choline, DL-phenylalanine, cayenne pepper, ALA, bioperine and chromium.

SIZE: 100 capsules.