

PRODUCT INFORMATION

INSTANT MASS® PRO is not a typical weight gainer. It is an ultra high-quality weight gain product made with a near equal split of protein and carbohydrate. With 54 g protein per serving which contributes to the growth and maintenance of muscle mass, and 61 g of carbohydrate.

VITAL INGREDIENTS

INSTANT MASS® PRO contains **Vitamin C**, **Vitamin D** which contributes to the maintenance of normal muscle function, **Vitamin B6** which contributes to normal red blood cell formation and the regulation of normal hormonal activity, **Magnesium** which contributes to normal muscle function, normal protein synthesis and to a reduction of tiredness and fatigue, **Zinc** which contributes to normal carbohydrate metabolism, the maintenance of normal testosterone levels in the blood, normal function of the immune system and protection of cells from oxidative stress, **Copper** which contributes to the maintenance of normal connective tissue and normal iron transport in the body, **Selenium** which contributes to normal thyroid function and normal spermatogenesis, **Chromium** which contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels. Minerals are supplied by Albion® Laboratories Inc, a world class leader in its field.

INSTRUCTIONS FOR USE

Mix 136 g (approximately one heaped 250 ml measure) with 400 ml of water or skimmed milk until a smooth even consistency is achieved. Consume one full serving after a workout. On non-workout days consume 1-2 servings per day or 2-4 half servings evenly spaced throughout the day if a full serving is too large for one sitting.

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. This product is not intended for use by persons under the age of 16. 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 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. Keep lid on after opening. Best consume entire product within 3 months of opening.

Best before end: See shoulder, side or base.



REFLEX

NUTRITION

STRENGTH & PERFORMANCE

INSTANT MASS® PRO

525
CALORIES

54g
PROTEIN

61g
CARBS

PER 136g
SERVING

2.727kg e

20 SERVINGS

FLAVOUR: SEE LID

NUTRITION INFORMATION

Typical Values	per 100 g	(RI)* NRV	per 136 g serving	(RI)* NRV
Energy	1,633 kJ / 386 kcal	(19 %)	2,221 kJ / 525 kcal	(26 %)
Fat	3.5 g	(5 %)	4.8 g	(7 %)
of which Saturates	0.9 g	(5 %)	1.2 g	(6 %)
Mono-unsaturates	1.3 g		1.8 g	
Polyunsaturates	1.3 g		1.8 g	
Carbohydrate	45 g	(17 %)	61 g	(24 %)
of which Sugars	8.4 g	(9 %)	11 g	(13 %)
Fibre	7.3 g		9.9 g	
Protein	40 g	(80 %)	54 g	(109 %)
Salt	0.52 g	(9 %)	0.71 g	(12 %)
Vitamin D	0.7 µg	14 %	0.95 µg	19 %
Vitamin C	74 mg	93 %	100 mg	125 %
Vitamin B6	3.9 mg	279 %	5.3 mg	379 %
Magnesium	83 mg	22 %	113 mg	30 %
Zinc	3.3 mg	33 %	4.5 mg	45 %
Copper	150 µg	15 %	200 µg	20 %
Selenium	15 µg	27 %	20 µg	36 %
Chromium	150 µg	375 %	200 µg	500 %

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

ADDITIONAL INFORMATION

Typical Values	per 136 g serving
ADDITIONAL NUTRIENTS	
DeltaGold® Tocotrienols	13.6 mg
Boron	1 mg
DIGESTION	
LactoSpore® <i>Bacillus coagulans</i>	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



Manufactured in the UK by:
Reflex Nutrition Ltd,
The Science Park, Sea View Way,
Brighton, BN2 6NT
ReflexNutrition.com



ReflexNutritionLtd



@ReflexNutrition



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INGREDIENTS

Dairy and Egg Protein Blend (Ultrafiltered Whey Proteins (**MILK**), Cold Filtered Native Whey Proteins (**MILK**), **MILK** Protein Concentrate, Hydrolysed Whey Protein (**MILK**), **EGG** Albumin, Emulsifier (**SOYA** Lecithin)), Low GI Carbohydrate Blend (**OAT** Flour, **BARLEY** Flour, Trehalose), Peptide-Bonded Glutamine (**WHEAT**), Maltodextrin, Cocoa Powder (*chocolate varieties only*), Flavourings, Thickener (Cellulose Gum), Magnesium Bisglycinate, Fructo-Oligosaccharide, Colour (Beetroot Red (*strawberry variety only*)), Flavour Enhancer (Potassium Chloride (*chocolate peanut butter variety only*)), Colour (Beta Carotene (*banana and vanilla varieties only*)), Sweetener (Acesulfame K), L-Ascorbic Acid, Sweetener (Sucralose), Digestive Enzyme Complex (DigeZyme® (Amylase, Cellulase, Lactase, Lipase & Neutral Protease)), Tocotrienol-Rich Annatto Seed Extract (DeltaGold®), Zinc Bisglycinate, *Bacillus coagulans* (LactoSpore®), Sodium Borate, Copper Bisglycinate, Pyridoxine Hydrochloride, L-Selenomethionine, Chromium Picolinate, *Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, Cholecalciferol.



ALLERGY ADVICE

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

Flavoured food supplement powdered drink mix, high in protein, with vitamins, minerals and with sweeteners.