

## 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.

- 60 g protein per 300 g serving
- 219 g carbohydrate per 300 g serving
- 3 g 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.

## INSTRUCTIONS FOR USE

For a full serving mix 300 g (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 300 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 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 16 x 150 g servings or 8 x 300 g servings. 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

**1,160**  
CALORIES

**219g**  
CARBS

**60g**  
PROTEIN

PER 300g  
SERVING

**2.4kg e**

## NUTRITION INFORMATION

Typical Values	Per 100 g	(RI)* NRV	Per 300 g	(RI)* NRV
Energy	1,641 kJ / 387 kcal	(20 %)	4,923 kJ / 1,160 kcal	(59 %)
Fat	1.6 g	(2 %)	4.8 g	(7 %)
of which Saturates	0.6 g	(3 %)	1.8 g	(9 %)
Mono-unsaturates	0.4 g		1.1 g	
Polyunsaturates	0.6 g		1.7 g	
Carbohydrate	73 g	(28 %)	219 g	(84 %)
of which Sugars	11 g	(1 %)	3.3 g	(4 %)
Fibre	<0.5 g		<0.5 g	
Protein	20 g	(40 %)	60 g	(120 %)
Salt	0.23 g	(4 %)	0.69 g	(12 %)
Vitamin A	133 µg RE	17 %	400 µg RE	50 %
Vitamin D	2.5 µg	50 %	7.5 µg	150 %
Vitamin C	33 mg	42 %	100 mg	125 %
Thiamin	0.53 mg	48 %	1.6 mg	145 %
Riboflavin	0.53 mg	38 %	1.6 mg	114 %
Niacin	3 mg NE	19 %	9 mg NE	56 %
Vitamin B6	0.5 mg	36 %	1.5 mg	107 %
Folic Acid	33.3 µg	16 %	100 µg	50 %
Vitamin B12	0.4 µg	16 %	1.2 µg	48 %
Biotin	27 µg	53 %	80 µg	160 %
Pantothenic Acid	1 mg	17 %	3 mg	50 %
Zinc	2.5 mg	25 %	7.5 mg	75 %
Selenium	9 µg	16 %	27 µg	49 %
Chromium	17 µg	42 %	50 µg	125 %

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

## INGREDIENTS

Carbohydrate Blend (~66 %) (Maltodextrin, OAT Flour, Trehalose), High Biological Value Protein 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 Bisglycinate, L-Choline, Colour (Beta Carotene (vanilla variety only)), Sweetener (Acesulfame K), L-Ascorbic Acid, *Bacillus coagulans* (LactoSpore®), Sweetener (Sucralose), Zinc Bisglycinate, Tocotrienol-Rich Annatto Seed Extract, Ferrous Bisglycinate, Nicotinamide, Copper Bisglycinate, Selenomethionine, Piperine (BioPerine®), Retinyl Acetate, Calcium D-Pantothenate, Cholecalciferol, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Methylcobalamin, Pteroylmonoglutamic Acid, D-Biotin.

Instant Mass® is a registered trademark of Reflex Nutrition Ltd. BioPerine® and LactoSpore® are registered trademarks of Sabinsa Corporation. Creapure® is a registered trademark of Alchem AC, d.b.a. Calsip® is a registered trademark of American River Nutrition Inc.

## ADDITIONAL INFORMATION

Typical Values	per 300 g
<b>AMINO ACIDS</b>	
L-Glutamine	1,000 mg
Creapure® Creatine Monohydrate	3,000 mg
<b>OTHER VITAMINS &amp; MINERALS</b>	
Choline	100 mg
DeltaGold® Tocotrienols	7.5 mg
Iron	2.3 mg
Magnesium	150 mg
<b>ABSORPTION AND GUT</b>	
BioPerine® Piperine	5 mg
LactoSpore® <i>Bacillus coagulans</i>	50,000,000 spores

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

## ALLERGY ADVICE

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



Manufactured in the UK by:  
Reflex Nutrition Ltd, The Science Park,  
Sea View Way, Brighton, BN2 6NT  
[ReflexNutrition.com](http://ReflexNutrition.com)

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

ReflexNutritionLtd @ReflexNutrition

FLAVOUR: SEE LID

# INSTANT MASS® HEAVYWEIGHT