

PRODUCT INFORMATION

100% WHEY, the product that delivers 100% of its protein from whey. **100% WHEY** contains only the finest undenatured whey protein, no added sugars, no amino spiking, no soy protein, its protein content is derived solely from whey protein.

A1 GRADE WHEY PROTEIN

- Protein contributes to a growth and maintenance of muscle mass
- Uses whey protein exclusively sourced from the EU
- Free from growth hormones, antibiotics and protein spiking ingredients

TASTE COMBINED WITH QUALITY

- Some of our thickest, creamiest tastes yet
- Proven quality with guaranteed protein levels

BRANCHED-CHAIN AMINO ACIDS

100% WHEY contains over 5 g of branched-chain amino acids per 35 g serving, arguably the most important amino acids for the athlete. The ratio of the 3 branched-chain amino acids are balanced offering close to a 2:1:1 ratio of L-Leucine, L-Isoleucine and L-Valine.

AVAILABLE FLAVOURS

Chocolate Perfection, Choc-Peanut Butter, Cookies & Cream, Strawberries & Cream and Vanilla Ice Cream

At **REFLEX NUTRITION** we are experts in advanced nutrition and the utilisation of the latest scientific research.

Our knowledge to source and use the very highest quality ingredients ensures market leading products.

Find out more at ReflexNutrition.com



REFLEX

NUTRITION

HIGH PROTEIN

70%
PROTEIN

4g+
GLUTAMINE &
PRECURSORS

5g+
BCAA'S

PER 35g
SERVING

2kg e
57 SERVINGS

FLAVOUR: SEE LID

NUTRITION INFORMATION

Typical Values	per 100 g	per 35 g serving	(RI)*
Energy	1,698 kJ/402 kcal	594 kJ/139 kcal	(7%)
Fat	7.3 g	2.6 g	(4%)
of which Saturates	4.8 g	1.7 g	(8%)
Carbohydrate	14 g	4.9 g	(2%)
of which Sugars	4.3 g	1.5 g	(2%)
Protein	70 g	24 g	(48%)
Salt	0.5 g	0.2 g	(3%)

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

ADDITIONAL INFO

Typical Values	per 35 g serving
<i>Bacillus Coagulans</i> (LactoSpore®)	105,000,000 spores

AMINO ACID PROFILE mg per 100 g of protein

ESSENTIAL AMINO ACIDS	CONDITIONALLY ESSENTIAL AMINO ACIDS	NONESSENTIAL AMINO ACIDS
Histidine 1,899	Arginine 2,684	Alanine 4,811
Isoleucine 5,731	Cysteine 2,355	Aspartic Acid 10,635
Leucine 10,397	Glutamic Acid 17,129	Glycine 1,991
Lysine 9,029	Proline 5,660	Serine 5,489
Methionine 1,784	Tyrosine 3,012	
Phenylalanine 3,205		
Threonine 7,216		
Tryptophan 1,392		
Valine 5,581		

INSTRUCTIONS FOR USE

Mix 35 g (approximately one heaped 60 ml measure) with 250 ml water until a smooth, even consistency is achieved. Consume 2-3 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 three 35 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.

INGREDIENTS

Whey Protein Concentrates (95%) (MILK), Cocoa Powder (chocolate varieties only), Emulsifier (SOYA Lecithin), Flavouring, Colour (Beetroot Red (strawberry variety only)), Thickener (Carboxymethyl Cellulose), Sweetener (Sucralose), Colour (Beta Carotene (vanilla and cookies & cream varieties only)), *Bacillus Coagulans* (LactoSpore®), Sweetener (Steviol Glycosides).

ALLERGY ADVICE

For allergens see ingredients in **BOLD**. Also, may contain products of egg and products containing gluten.

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



Manufactured in the UK by:
Reflex Nutrition Ltd
The Science Park
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BN2 6NT
ReflexNutrition.com



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

ReflexNutritionLtd

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100% WHEY