

THE MYTHS

1 **I struggle to put weight on!** To put weight on you must consume more energy (calories) that you are using. Those who have highly active jobs, do regular exercise or have a naturally high metabolic rate, have to consume what may seem like a large amount of calories to put weight on. Whilst this can seem daunting having to eat such a large amount of food, the correct use of the right supplement can aid this process.

2 **Eating protein will aid my weight gain.** Putting on weight is a process that requires energy and therefore consuming all macro nutrients, protein, carbohydrates and fat, will help reach your desired goals. Consuming a diet that is rich in primarily just protein will after a short period yield little in the way of muscle and therefore weight gain.

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.

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:

Tested products.

The protein focused products within the Muscle & Strength range are all tested in-house to guarantee label claims. Using a Nitrogen Combustion Analyser provides the same tests as government laboratories adopt.

These products utilise the finest quality ingredients in their purest forms, from the sole use of Creapure® creatine monohydrate, Albion® chelated minerals through to research based dosages.



WHEN CONVENIENCE IS KEY...



MUSCLE BOMB® RTD

A pre-workout ready-to-drink water based product that contains a combination of pure L-carnitine, taurine and caffeine in light and refreshing flavours.

SIZE: 500 ml **FLAVOURS:** Lemon, Orange Burst, Tropical Punch.



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

MUSCLE & STRENGTH

ALL YOU NEED TO KNOW ABOUT THE RANGE



WWW.REFLEXNUTRITION.COM



7g INSTANTISED BCAAs
8g CITRULLINE MALATE
3.2g BETA ALANINE
PER 30g DOUBLE SERVING

PRE-WORKOUT

MUSCLE BOMB®

A pre-workout ergogenic powerhouse! Muscle Bomb® is packed of proven ingredients that will aid your performance over a consistent period of time. Available in both caffeine and caffeine free variety.

SIZE: 600 g.

FLAVOURS: Black Cherry, Fruit Punch, Grapefruit (Caffeinated variant only).



5g L-LEUCINE
2.5g L-ISOLEUCINE
2.5g L-VALINE
PER 20g SERVING

INTRA-WORKOUT

BCAA INTRA FUSION®

An intra workout product that contains a 2:1:1 ratio of instant mixing branched-chain amino acids L-leucine, L-isoleucine and L-valine providing the building blocks of protein which contributes to a growth in and maintenance of muscle mass.

SIZE: 400 g.

FLAVOURS: Fruit punch, Watermelon.



7g L-LEUCINE
OVER 25g
GLUTAMINE & BCAAs
PER 105g SERVING

POST-WORKOUT

GROWTH MATRIX

Simply put, the most effective post-workout recovery product available! A precise combination of the fastest absorbed protein available (hydrolysed whey), rapidly absorbed glucose polymers, free form L-leucine and Creapure® Creatine. If this doesn't improve your recovery, we'll refund you!

SIZE: 1.89 kg.

FLAVOURS: Rich Chocolate, Smooth Fruit.



WORKOUT RELATED

BCAAs (PRE, INTRA, POST WORKOUT)

Branched chain amino acids are a combination of the essential amino acids L-leucine, L-isoleucine and L-valine. Consistent research has highlighted that BCAAs are the most critical amino acids to trigger muscle growth and recovery.

SIZE: 200 capsules, 500 capsules.



CREAPURE® CREATINE

As an ergogenic aid (aiding performance), creatine has been proved to increase physical performance in successive bursts of short-term high intensity exercise. It is amongst the most widely tested sports nutrition supplement in existence. Creapure® creatine being the recognised leading brand that guarantees purity through a manufacturing process.

SIZE: 100 g, 250 g and 500 g in powder form. A 90 capsule product is also available.



MALE HORMONE SUPPORT SUPPLEMENTS

ZINC MATRIX

A mineral based product that contributes to the maintenance of normal testosterone levels in the blood.

SIZE: 100 capsules.



TESTO FUSION®

Contains a unique fenusterol complex and contributes to the maintenance of normal testosterone in the blood, normal protein synthesis and normal metabolism.

SIZE: 90 capsules.



54g PROTEIN
60g CARBOHYDRATE
524 CALORIES
PER 136g SERVING

MULTI-INGREDIENT FORMULAS

These are formulated to provide a broad spectrum of ingredients for individuals who want to support recovery and performance in their chosen sport or exercise. They can be used as both a post-workout shake and as general nutritional support.

INSTANT MASS® PRO

A high quality source of low GI oats and barley with a premium protein blend providing whey protein, micellar casein and egg white isolate. Each serving delivers a near 50:50 ratio of protein to carbohydrates supported by the inclusion of friendly bacteria, zinc, boron, magnesium and vitamin D. A high quality and balanced weight gainer.

SIZE: 2.727 kg, 5.44 kg.

FLAVOURS: Banoffee Pie, Chocolate Peanut Butter, Chocolate Perfection, Strawberries & Cream, Vanilla Ice Cream.



60g PROTEIN
219g CARBOHYDRATE
1,160 CALORIES
PER 300g SERVING

INSTANT MASS® HEAVYWEIGHT

Formulated for those people who find gaining weight a real challenge. At 1,160 calories per serving, 60 g protein blend and 219 g of carbohydrates this product will help pack muscle on! It also contains our highly regarded muscle and strength stack of Creapure® creatine, zinc, magnesium and vitamin D.

SIZE: 5.4 kg.

FLAVOURS: Chocolate Peanut Butter, Chocolate Perfection, Strawberries & Cream, Vanilla Ice Cream.



51g PROTEIN
75g CARBOHYDRATE
6.9g FIBRE
PER 150g SERVING

ALL-IN-ONES

For those wanting an all round solution to support general performance and recovery, the following all-in-ones cover all of the essentials.

ONE STOP®

Provides a high quality, simple muscle building supplement that delivers the highest quality EU sourced whey protein in combination with the world's leading creatine (Creapure®), 100% of the RDA of vitamins, additional zinc, magnesium and friendly bacteria.

SIZE: 2.1 kg.

FLAVOURS: Banana, Chocolate, Chocolate Mint, Strawberry, Vanilla.



55g PROTEIN
73g CARBOHYDRATE
10.3g BCAAs
PER 145g SERVING

ONE STOP® XTREME

One Stop® Xtreme takes the concept of an all in one supplement to the next level. Delivering more calories, protein, carbohydrates and ergogenic aids, One Stop® Xtreme is designed for those wanting dramatic gains.

SIZE: 4.35 kg.

FLAVOURS: Chocolate Perfection, Strawberries & Cream, Vanilla Ice Cream.

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