

## PRODUCT INFORMATION

Reflex Nutrition was one of the first companies in the world to introduce micellar casein as a stand alone protein supplement to the market back in the 90's. Today, it delivers an even better experience based on the same high quality standards.

## QUALITY COMES FIRST

- We insist on only using milk sourced from either the EU or New Zealand as the starting material. We do not use milk or whey products from the USA because of the widespread use of growth hormones and antibiotics. Quality at Reflex Nutrition is of paramount importance.
- Our Micellar Casein product comes from pure milk protein concentrate and does not contain any soy or added glycine.

- The process involved to make this valued and sought after protein powder employs a state of the art ultra filtration process that is carried out at low temperature to capture every single valuable milk protein in its native form whilst carefully filtering out unwanted fat and sugars. The resulting protein powder is exceptional, delivering both undenatured native micellar casein and native whey protein in an 80:20 split.

### It is a slow-release protein, contributing to growth and maintenance of muscle mass.

Micellar casein is used extensively by individuals wanting to take full advantage of its slow release properties. It is slowly digested by the body steadily releasing amino acids into the blood stream. It is therefore the perfect shake before bedtime or during extended periods between meals where it drip feeds your body for up to 6 hours.

### Improved flavour and mixability.

Using new flavour technology we have improved the flavour of micellar casein dramatically without resorting to adding sugars, corn syrups or creamers. The focus as always is to deliver a product that mixes easily in a shaker and delivers a very satisfying shake experience.

## AVAILABLE FLAVOURS

Chocolate Perfection, Strawberries & Cream and Vanilla Ice Cream.

STRAWBERRIES  
& CREAM  
FLAVOUR



**REFLEX**  
NUTRITION  
HIGH PROTEIN

**MICELLAR CASEIN**

**75%**  
PROTEIN

**SLOW  
RELEASE**

**ULTRA  
FILTERED**

**909 g e**  
27 SERVINGS

## NUTRITION INFORMATION

Typical Values	Per 100 g	(RI)* NRV	Per 33 g serving	(RI)* NRV
Energy	1,491 kJ 351 kcal	(18 %)	492 kJ 116 kcal	(6 %)
Fat	1.1 g	(2 %)	<0.5 g	(0 %)
of which Saturates	0.6 g	(3 %)	0.2 g	(1 %)
Mono-unsaturates	0.2 g		<0.1 g	
Polyunsaturates	0.1 g		<0.1 g	
Carbohydrate	10 g	(4 %)	3.3 g	(1 %)
of which Sugars	<0.5 g	(0 %)	<0.5 g	(0 %)
Fibre	0.9 g		<0.5 g	
Protein	75 g	(150 %)	25 g	(50 %)
Salt	0.42 g	(7 %)	0.14 g	(2 %)

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

## ADDITIONAL INFORMATION

Typical Values	per 33 g serving
<i>Bacillus coagulans</i> (LactoSpore®)	90,000,000 spores

## INGREDIENTS

**MILK** Protein Concentrate (96 %) (of which 80 % Micellar Casein, 20 % Whey Protein), Flavouring, Thickener (Cellulose Gum), Colour (Beetroot Red), Sweetener (Acesulfame K), Flavour Enhancer (Potassium Chloride), Sweetener (Sucralose), *Bacillus coagulans* (LactoSpore®), Anti-Caking Agent (Silicon Dioxide).

### ! ALLERGY ADVICE

- For allergens see ingredients in **BOLD**.

Food supplement powdered drink mix with sweeteners.



**Manufactured in the United Kingdom by:**  
Reflex Nutrition Ltd, The Science Park,  
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[ReflexNutrition.com](http://ReflexNutrition.com)

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

LactoSpore® is a registered trademarks of Sabinsa Corporation.

## INSTRUCTIONS FOR USE

Mix 33 g (approximately two 25 ml measures) with 400 ml of water or skimmed milk until powder has fully dissolved. Consume one serving before bedtime. You can also take a serving before a prolonged period of time (more than 3 hours) where no food will be eaten.

**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 33 g servings per day. Do not exceed the stated recommended daily dose. 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 away from direct sunlight. Always seal container after each use. Keep out of reach of young children.

**Best before end:** See shoulder, side or base.

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 results in products you can have complete confidence in.

Find out more at [ReflexNutrition.com](http://ReflexNutrition.com)

