

Nutrition Information

Typical Values (when mixed with water)

| Amount | Per 100g | Per 45g Serving |
|------------------------|--------------------|-------------------|
| Energy | | |
| kJ | 1,468 | 661 |
| kcal | 346 | 156 |
| Protein | 78g | 35.1g |
| Carbohydrate | 5.7g | 2.6g |
| Fat | 1.2g | 0.5g |
| Calcium | 2,165mg | 974mg |
| Sodium | 68mg | 31mg |
| Lactospore® Probiotics | 200 Million Spores | 90 Million Spores |

Typical Amino Acid Profile (mg per 45g serving of Micellar Casein)

| Essential Amino Acids (EAA's) | Conditionally Essential Amino Acids (CAA's) | Nonessential Amino Acids (NAA's) | |
|-------------------------------|---|----------------------------------|---------------------|
| Isoleucine* | 1,860 | Arginine 1,246 | Alanine 1,071 |
| Leucine* | 3,387 | Cystine 281 | Aspartic Acid 2,527 |
| Lysine | 2,896 | Glutamine 6,932 | Glycine 614 |
| Methionine | 913 | Histidine 895 | Serine 1,808 |
| Phenylalanine | 1,650 | Proline 3,440 | |
| Threonine | 1,404 | Tyrosine 1,685 | |
| Tryptophan | 579 | | |
| Valine* | 2,124 | | |

*BCAA's Branch Chain Amino Acids

Directions for use: Mix 3 heaped measures (approximately 45g) with 450ml of water or skimmed milk. 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.

Allergy information: Contains milk products. Suitable for vegetarians.

Ingredients: Milk protein concentrate (80% micellar casein, 20% whey protein), nature identical flavourings, natural colourings (cocoa powder (chocolate flavour only), betanin (beetroot powder) strawberry flavour only), beta carotene (banana and vanilla flavours only), carboxy methyl cellulose, artificial sweeteners (acesulfame k, sucralose), Lactospore® probiotics.

Made in the UK by:

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Store in a cool dry place away from direct sunlight.

reflex®

micellar casein

Instant mixing time release protein
Made using 100% renewable energy
Added Lactospore® probiotics

20
servings

909g e

Best Before: See Side

Flavour: See Lid

High protein sports nutrition drink mix with flavourings and artificial sweeteners.

Micellar Casein is an instant mixing time release protein product made from fresh skimmed milk. It is not to be confused with acid casein or caseinates made using manufacturing processes which can denature the protein. The protein found in Micellar Casein is un-denatured, providing approximately 80% casein protein and 20% whey protein.

In a ground breaking study⁽¹⁾ carried out by Dr Yves Boirie, the differences in metabolic responses of whey protein and casein were individually observed over a 7 hour period in 16 young and healthy volunteers. The findings showed that both casein and whey have very different applications when it comes to maintaining and building muscle tissue.

Research highlights:

- Casein was found to inhibit muscle breakdown by 34% over a 7 hour period.
- Blood plasma amino acid concentrations remained significantly higher over a 7 hour period with casein compared to whey.
- Blood plasma amino acid concentrations dropped dramatically after 3 hours in the group consuming whey.
- Although blood plasma levels dropped dramatically with whey, the net increase in protein synthesis was boosted by 68%.

The reason for casein's ability to sustain such a lengthy release of amino acids is because of its unique digestibility. It forms a gel in the stomach, slowing the transit time in the digestive system and subsequent digestion of the protein. These findings demonstrate casein as the perfect protein source when a positive nitrogen balance is preferred for more than 3 hours. e.g when you are sleeping, or a prolonged period during the day, whereas whey protein is seen as the preferred protein source for increasing protein synthesis. e.g between meals and after workouts.

References

1. BOIRIE Y, DANGIN M, GACHON P, VASSON MP, MAUBOIS JL, BEAUFRERE B. Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc Natl Acad Sci USA 1997

Quality Statement

Reflex Nutrition products are made at our state of the art factory in the UK in accordance with ISO9001 procedures. We also randomly drug test batches of Micellar Casein along with all Reflex Nutrition products in accordance with ISO17025.

Environmental statement

All Reflex Nutrition facilities are powered by 100% green renewable electricity. The container and lid used for this product are made from HDPE which is widely recyclable.

Please recycle