

Nutrition Information

Typical Values (when mixed with water)

Amount	Per 100g	%RDA	Per 136g Serving	%RDA
Energy	kJ 1,754		2,386	
	kcal 415		564	
Protein	40g		54g	
Carbohydrate	48g		65g	
Fat	7.2g		9.8	
of which saturated	1.4g		2.0g	
mono unsaturates	3.2g		4.3g	
polyunsaturates	2.6g		3.5g	
Potassium	286mg	*	390mg	*
Calcium	123mg	15	168mg	21
Sodium	90mg	*	123mg	*
Magnesium	83mg	28	113mg	38
Vitamin C	74mg	123	100mg	166
Digezyme®	37mg	*	50mg	*
Vitamin B6	3.9mg	193	5.25mg	263
Zinc	3.3mg	22	4.5mg	30
Copper	550ug	*	750ug	*
Chromium	147ug	*	200ug	*
Selenium	15ug	*	20ug	*
Lactospore® probiotics	37million spores	*	50million spores	*

Instructions for use: Mix 5 measures (approximately 136g) with 400ml of water or skimmed milk in a shaker or blender. Consume 1-2 full, or 2-4 half servings daily. Always consume one full serving after a workout.

Allergy Information: Contains milk products and gluten. Suitable for vegetarians.

Ingredients: Protein blend (ultra filtered whey protein concentrate (43% β -Lactoglobulin, 18% glycomacropeptide, 16% lactoferrin & others, 15% α -Lactalbumin, 5% immunoglobulin, 3% serum albumin), milk protein concentrate (80% micellar casein, 20% whey), egg white protein isolate), Digezyme® (digestive enzymes), Lactospore® probiotics, organic oat flour, barley flour, Muscle Drive™ (peptide bonded glutamine (derived from wheat protein), hydrolysed whey protein (degree of hydrolysis 30%)), cocoa powder (chocolate flavour only), nature identical flavourings, carboxymethyl cellulose, magnesium aspartate, zinc monomethionine, betanine (beetroot powder (strawberry flavour only)), ascorbic acid, beta carotene (banana & vanilla flavours only), artificial sweeteners (acesulfame k, sucralose), copper chelate, pyridoxine hydrochloride, l-selenomethionine, chromium chelate.

Store in a cool dry place away from direct sunlight.

reflex®

instant mass®

Contains micellar casein, whey protein,
egg white protein, Muscle Drive™ peptide
complex with probiotics & enzymes,
low glycemic organic oats & barley

20
servings

Best Before: See Side

Flavour: See Lid

High protein & carbohydrate sports nutrition drink mix with flavourings and sweeteners.

2.727kg e

instant mass® now contains added egg white protein isolate along with a greater percentage of micellar casein for a sustained release of peptides and amino acids. This means that **instant mass®** is now better than ever for those demanding an unequalled product for building muscle and strength.

Whilst other companies still use maltodextrin as the main source of carbohydrate for their weight gain formulas, Reflex Nutrition (the original pioneers) took the initiative, back in 2003, and introduced a healthier alternative:

Whole grain carbohydrates.

instant mass® was the first high quality weight gainer in the world to use an exclusive blend of organic oats and barley. In fact it is still one of the only weight gainers you can buy today which offers an organic whole grain source of carbohydrate. This organic source of carbohydrate provides a low glycemic source of energy along with naturally occurring vitamins, minerals and dietary fibre.

54 grams of high quality protein from a variety of sources.

Reflex **instant mass®** contains a blend of undenatured ultra filtered Whey Protein Concentrate, undenatured Milk Protein Concentrate (80% micellar casein, 20% whey protein), Egg White Protein Isolate and Digezyme enzymes. For added benefit we also include Lactospore probiotics.

Quality nutrition is of paramount importance if you want to build muscle.

instant mass® is manufactured with only the finest premium ingredients. **instant mass®** does not contain corn syrup, hydrogenated fats, cheap vegetable oils, added sugar nor added salt. However you will find our exclusive Muscle Drive™ complex in **instant mass®**. Muscle Drive™ provides a combination of the amino acid glutamine which has been peptide bonded so that it can pass into the blood more easily and whey protein hydrolysate which provides more easily absorbed protein chains.

Great Taste and Easy Mixing

If you like great tasting milkshakes then you will simply love this formula. It is instantised for easy mixing and tastes absolutely delicious.

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 **instant mass®** 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.

Made in the UK by:

Reflex Nutrition Ltd, Units 1 & 2 Stockwell Lodge, 121-131 Conway Street, Hove, BN3 3LA

www.reflex-nutrition.com

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Please recycle 

