

Nutrition Information		Per 100g	Per 25g serving
Typical values when mixed with water			
Energy	kJ	1,666	417
	kcal	394	99
Protein		80g	20g
Carbohydrate		6.0g	1.5g
of which sugars		6.0g	1.5g
Fat		5.5g	1.4g
of which saturates		5.5g	1.4g
Fibre		0.2g	<0.1g
Sodium		200mg	50mg
Lactose		6.0g	1.5g
Digezyme®		160mg	40mg
(digestive enzymes)			
Lactospore® probiotics		200,000,000	50,000,000
(spores)			

Recommended Use*: Mix 25g (approximately two level 25cc measures*) with 300ml water or skimmed milk in a shaker or blender. Consume 2-3 servings daily. Do not exceed the stated dose.

*recommended use based on a 75kg male. A measuring scoop is included in this container but may settle to the bottom during transit.

Guidance notice: This product is a food supplement and should be used in conjunction with food as part of a healthy balanced diet, not as a substitute for such. This product is not intended for use by persons under the age of 16. Keep out of reach of young children.

Contains: Milk, Gluten, Soya (from soya lecithin).

Ingredients: Protein blend (cross flow micro filtered whey protein isolate, ultra filtered whey protein concentrate, Muscle Drive™ (peptide bonded glutamine (derived from wheat protein) hydrolysed whey protein (degree of hydrolysis 30%)), flavouring substances, natural colourings (cocoa (chocolate flavours only), betanin (strawberry & raspberry flavours only), beta carotene (banana and vanilla flavours only), anthocyanin (raspberry flavour only)), malic acid (raspberry flavour only), artificial sweeteners (acesulfame k, sucralose), Digezyme® enzyme complex (amylase, protease, cellulase, lactase, lipase), emulsifier (soya lecithin), Lactospore® probiotics (bacillus coagulans).

Store in a cool dry place away from direct sunlight.



reflex®

instant whey™

80% Protein

ISO9001 quality controlled

Probiotics & digestive enzymes

Made using 100% renewable energy

90
servings

Best Before: See Side

Flavour: See Lid

2.27kg e

High protein sports nutrition food supplement with natural colourings, flavouring substances & artificial sweeteners.

instant whey™ "the king of whey"

Reflex Nutrition have been producing industry leading whey proteins since 1996. Today, **instant whey™** is probably the best selling and most widely respected whey protein product in the UK. This latest version is better than ever with 80% protein and our Muscle Drive™ peptide complex. Muscle Drive™ is a special peptide complex that provides peptide bonded glutamine and whey protein hydrolysate to quench your muscle's need for glutamine & branch chain amino acids.

Some people think that there is not much difference between the whey products available on the market and therefore don't place much importance on the choice they make. We believe that the differences between **instant whey™** and the competition are very important.

Just as important as the level of protein is the fact that we use preferentially selected whey which means that **instant whey™** contains higher concentrations of Branch Chain Amino Acids (B.C.A.A's) when compared to other protein sources. This high concentration is vital because B.C.A.A's are used predominantly for muscle metabolism and energy. Similarly, this preferential selection minimizes the level of fat and carbohydrates.

We do not add any maltodextrin, sugars, salt or guar gum, but we do add Digezyme® enzymes which have been extensively studied and shown to enhance protein digestion and Lactospore® probiotics similar to those found in popular yoghurt drinks which can help to provide a healthier gut.

If you are interested in the supplements you buy and use, you will hopefully agree that these are very important differences.



Tired of listening to boring music whilst training?

Time to put your training into overdrive! Do you want an awesome album of workout music for your iPod or MP3 player? Visit www.reflex-nutrition.com and download the latest **Xtreme Workout Album** absolutely **FREE!**

Similarly, why not tune into Reflex Radio™, a dedicated sports nutrition internet radio station which plays great tunes and provides supplement information. See website for details. *no purchase necessary

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.



reflex quality

Reflex Nutrition products are made at our state of the art factory in the UK in accordance with ISO 9001 procedures. We also randomly drug test batches of **instant whey™** along with all Reflex Nutrition products in accordance with ISO 17025.

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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