

Nutrition Information <small>Typical values when mixed with water</small>		Per 100g	Per 30g serving
Energy	KJ kcal	1,533 361	460 108
Protein		86g	26g
Carbohydrate		2g	0.6g
of which sugars		2g	0.6g
Fat		1g	0.3g
of which saturates		0.7g	0.2g
Fibre		0g	0g
Sodium		290mg	87mg
Lactose		2g	0.6g
Digezyme® <i>(digestive enzymes)</i>	166mg		50mg
Lactospore® probiotics <i>(spores)</i>	160,000,000	50,000,000	

**Recommended Use\*:** Mix 30g (approximately three level 25cc measures\*) with 300ml water with a fork or in a shaker cup. 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.

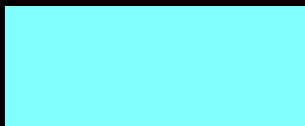
#### Whey Protein Isolate typical % amino acid profile

Essential Amino Acids (EAA's)	Conditionally Essential Amino Acids (CEAA's)	Nonessential Amino Acids (NAA's)
Isoleucine*	6.4	Arginine 2.1
Leucine*	10.6	Cystine 2.2
Lysine	9.6	Glutamic Acid 18.1
Methionine	2.2	Histidine 1.7
Phenylalanine	3.0	Proline 5.5
Threonine	6.7	Tyrosine 2.6
Tryptophan	1.4	
Valine*	5.9	

\*BCAA's Branch Chain Amino Acids

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

**Ingredients:** Cross flow micro filtered whey protein isolate, flavouring substances, natural colourings (cocoa powder (chocolate flavour only), betanin (strawberry flavour only), beta carotene (banana & vanilla flavours only)), Digezyme® digestive enzyme complex (amylase, cellulase, lactase, lipase & neutral protease), artificial sweeteners (acesulfame K, sucralose), emulsifier (soya lecithin), Lactospore® probiotics (bacillus coagulans).



Store in a cool dry place away from direct sunlight.



# reflex®

# micro whey

Cross flow micro filtered whey protein isolate  
Contains digestive enzymes & probiotics

**30**  
servings

**909g e**

Best Before: See Side

Flavour: See Lid

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

## micro whey our ultimate highly digestible whey protein

**Possibly more potent than any other whey protein product available**

For the fastest muscle-building protein anabolism, complete and immediate intestinal absorption of protein is essential. Every shred of protein research suggests that undenatured Whey Protein Isolate is the paramount form of nitrogen when quick anabolic absorption is key.

For the last twelve years researchers at Reflex Nutrition sought to develop the ultimate, highly digestible, undenatured Whey Protein Isolate product. The result, **micro whey** - our purest protein product yet. It's highly advanced form is specifically designed to deliver more biologically active whey peptides and amino acids straight to your muscles.

### micro whey contains active micro fractions

The number one ingredient in **micro whey** is undenatured Cross Micro Filtered Whey Protein Isolate which is widely regarded as the highest quality form of whey protein available. It also contains all of the biologically active micro-fractions found in native whey protein. Importantly, these active micro-fractions have been shown to have very positive biological effects within the body.

### Faster, more efficient absorption with Digezyme®

The true and unique effectiveness of **micro whey** lies within the very special Digezyme® Enzymes, extensively studied and shown to enhance protein digestion. This ultimately provides for a significant increase in absorption efficiency, which in turn leads to more amino acids for muscle growth and repair. **micro whey** also contains Lactospore® probiotics to aid with maintaining a healthy gut.

### It mixes in an instant

Better still **micro whey** is very easy to use. It mixes instantly and tastes great. You can mix it with water, fruit juice or even add it to your cereal.



### 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](http://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 **micro 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](http://www.reflex-nutrition.com)

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