

Nutrition Information		Per 100g	%RDA	Per 75g serving	%RDA
Typical values when mixed with water					
Energy	kJ kcal	1,425 337		1,069 253	
Protein		49g		37g	
Carbohydrate		20g		15g	
of which sugars		1.8g		1.35g	
Fat		6.7g		5g	
of which saturates		2g		1.5g	
Fibre		3.1g		2.3g	
Sodium		91mg		68mg	
Creapure® Creatine Mono Muscle Drive™ (peptide bonded glutamine)		6,666mg 6,666mg	* *	5,000mg 5,000mg	* *
L-Leucine		5,500mg	*	4,125mg	*
Potassium		600mg	*	450mg	*
Calcium		500mg	63	380mg	48
Phosphorus		400mg	50	300mg	38
Magnesium		200mg	67	150mg	50
Choline		143mg	*	100mg	*
Vitamin C		133mg	221	100mg	166
Digezyme® (digestive enzymes)		100mg	*	75mg	*
Vitamin E		13mg	133	10mg	100
Niacin		12mg	67	9mg	50
Zinc		10mg	67	7.5mg	50
Bioperine® (piperine extract)		6.7mg	*	5mg	*
Pantothenic Acid		4mg	67	3mg	50
Iron		3.1mg	21	2.3mg	16
Riboflavin		2.1mg	133	1.6mg	100
Thiamin		2.1mg	152	1.6mg	114
Vitamin B6		2.1mg	107	1.6mg	80
Copper		1.1mg	*	0.8mg	*
Vitamin A		533ug	67	400ug	50
Folacin		133ug	67	100ug	50
Biotin		110ug	71	80ug	53
Chromium		66ug	*	50ug	*
Selenium SeLECT®		21ug	*	16ug	*
Vitamin D		3.3ug	67	2.5ug	50
Vitamin B12		0.7ug	67	0.5ug	50
Lactospore® probiotics (spores)		100,000,000	*	75,000,000	*

Ingredients: Protein blend (Ultra filtered whey protein concentrate & cross flow micro filtered whey protein isolate, Muscle Drive™ (peptide bonded glutamine (derived from wheat protein), hydrolysed whey protein (degree of hydrolysis 30%)), organic carbohydrate blend (organic oats, organic barley), corn dextrin, Creapure® creatine monohydrate, cocoa powder (chocolate flavours only), flavouring substances, carboxy methyl cellulose, L-Leucine, emulsifier (soya lecithin), vitamin & mineral blend (magnesium aspartate, ascorbic acid, choline bitartrate, zinc monomethione, d-alpha tocopheryl succinate, niacinamide, iron bisglycinate, calcium pantothenate, riboflavin, thiamin hydrochloride, pyridoxine hydrochloride, copper chelate, vitamin A palmitate, chromium chelate, biotin, folic acid, vitamin d3, selenomethionine (Selenium SeLECT®), methylcobalamin), natural colourings (betanin (strawberry flavour only), beta carotene (banana & vanilla flavours only)), artificial sweeteners (acesulfame k, sucralose), Digezyme® digestive enzyme complex, Lactospore® probiotics (bacillus coagulans), Bioperine® (piperine).

Store in a cool dry place away from direct sunlight.

Recommended use*: Mix 75g (approximately three 60cc measures!) with 350ml water and mix thoroughly shaker cup or blender.

Daily Serving: Take one serving mid morning between meals and one serving after your workout. On non training days take two servings one mid morning between meals and one serving in the afternoon between meals. Do not exceed the stated dose. *recommended use based on a 75kg male.

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. Consult with a physician prior to use if you have any medical conditions. Do not use if pregnant or lactating.

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



reflex®

one stop™

The ultimate all in one bodybuilding supplement with **Creapure®**

28
servings

2.1kg e

Best Before: See Side

Flavour: See Lid

High protein food supplement with vitamins & minerals, natural colourings, flavouring substances & artificial sweeteners.

one stop™ - all in one muscle building supplementation

reflex® one stop™ is the perfect product for the individual who wants just one nutritional supplement for their weight training needs. The complete solution, **one stop™** provides for all of your protein, carbohydrate, creatine and vitamin supplementation needs.

74g of protein per daily serving

one stop™ provides more protein than other leading brands. Preferential selection of whey protein ensures **one stop™** contains higher levels of protein along with lower levels of fat. Each serving of protein is accompanied by Digezyme® digestive enzymes enabling superior absorption.

30g of organic whole grain carbohydrate per daily serving

A special blend of organic oats and organic barley provides a perfectly natural supply of beta glucan fibre, naturally occurring vitamins and complex carbohydrates.

Patented German Creapure® creatine monohydrate and Muscle Drive™ peptide bonded Glutamine

A combination of Creapure® creatine monohydrate and Muscle Drive™ peptides that may provide increases in strength, muscle mass and increased levels of endurance. Creapure® is made using a patented process and is widely recognised as the purest creatine money can buy. 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. For more information on Creapure® creatine monohydrate visit www.creapure.com.

one stop™ contains our Zinc Matrix formula

Zinc Matrix is a uniquely synergistic mineral formula designed to support healthy anabolic-hormone production in conjunction with an effective exercise and nutrition program. Our Zinc Matrix formulation is included with the addition of amino acid chelated copper to help maintain optimal zinc to copper ratios within the body.

100% of the recommended daily amounts of nearly all your vitamins

Each daily serving provides at least 100% of the recommended daily amount of vitamins. You also get important antioxidants and chelated minerals.

one stop™ contains added probiotics

Each serving of **one stop™** contains 75 million spores of stable Lactobacillus probiotics for a healthier gut, similar to those found in yoghurt drinks advertised on television.

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 **one stop™** 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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