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Reflex Nutrition Instant Whey Pro

Reflex Nutrition Instant Whey Pro 2.2Kg Vanilla Ice Cream User Manual

Model: Instant Whey Pro

1. INTRODUCTION

This manual provides essential information for the proper use and handling of Reflex Nutrition Instant Whey Pro, 2.2Kg, Vanilla Ice Cream flavor. Reflex Instant Whey Pro is a high-quality protein supplement designed to support muscle growth and recovery.



Image: A black tub of Reflex Nutrition Instant Whey Pro, vanilla flavor, highlighting 24g protein per serving, low fat, and 2.2kg size.

2. PRODUCT OVERVIEW

Reflex Nutrition Instant Whey Pro is formulated with a blend of whey isolate and whey protein concentrate. Key features include:

- **Muscle Support:** Contains a blend of whey isolate and whey protein concentrate to support muscle growth and maintenance.
- **Nutritional Profile:** Each 30g serving provides 24g of protein, 0.5g of fat, and 1.3g of carbohydrates, totaling 108 kcal.
- **Easy Mixing:** Designed for easy mixing with water or milk, and can be incorporated into various food recipes.
- **Digestive Support:** Includes digestive enzymes and friendly bacteria to aid digestion. Up to three servings may be consumed daily.
- **Quality Assurance:** Manufactured in an Informed Sport registered facility. This product is vegetarian-friendly, Halal-certified, free from hormones, added sugars, and artificial colors.

DELICIOUS, ADVANCED BLEND

AMAZING TASTE

creamy & milkshake-like

EASY LUMP-FREE MIXING

with a smooth consistency

HIGH QUALITY WHEY

from grass-fed cows



BACKED BY SCIENCE

to help you see results

MADE IN BRIGHTON, ENGLAND

with ethically sourced ingredients

Added DIGESTIVE ENZYMES

and friendly bacteria

OF QUALITY ISOLATE AND CONCENTRATE

Image: Graphic illustrating key features such as amazing taste, easy lump-free mixing, high quality whey, backed by science, made in Brighton, England, and added digestive enzymes.

3. INGREDIENTS

Instantised Whey Protein (Whey Protein Isolate (MILK), Whey Protein Concentrate (MILK), Emulsifier (SOYA Lecithin)), MILK Protein Concentrate, Flavouring, Thickener (Cellulose Gum), Colour (vanilla flavour: Carotenes), Sea Salt, Digestive Enzyme Complex (DigeZyme® (Alpha-Amylase, Neutral Protease, Cellulase, Lactase, Lipase)), Sweetener (Sucralose), Bacillus Coagulans (LactoSpore®), Sweetener (Steviol Glycosides), Multi-Component Protected Lactic Acid Bacteria (Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus rhamnosus).

Allergy Advice: Contains MILK and SOYA. May also contain traces of Egg and/or Gluten.

4. USAGE INSTRUCTIONS

4.1. Preparation

Mix 30g (approximately one heaped 60ml scoop measure) with 180-200ml of water until a smooth, even consistency is achieved. Shake well to ensure complete dissolution.

4.2. Serving Suggestions

- **Protein Shake:** Simply mix 2 scoops with 200ml water, shake, and enjoy.
- **With Porridge:** Mix one scoop into your breakfast porridge.
- **Healthy Snack:** Blend one scoop with fruit for a nutritious mid-afternoon snack.

Blends **CLUMP-FREE**
with a **SMOOTH** consistency



Mix 30 g (approx one heaped 60ml scoop measure) with 180 - 200ml water until a smooth, even consistency is achieved.



Simply mix 2 scoops with 200ml water, shake and enjoy.



Mix in one scoop with your breakfast porridge.



Blend up one scoop with fruit for a healthy mid-afternoon snack.

Image: Visual guide demonstrating how to mix 30g (one heaped scoop) of protein powder with 180-200ml water for a smooth consistency, and serving suggestions with water, porridge, or fruit.

5. NUTRITIONAL INFORMATION

The following table provides detailed nutritional values per 100g and per 30g serving, along with the amino acid profile.

NUTRITION INFORMATION

Typical Values	per/pro/pour/por/na	100 g	RI*	30 g	RI*
Energy/Energie/Énergie/Energia		1,522 kJ 359 kcal	18%	457 kJ 108 kcal	5%
Fat/Fett/Matières grasses/Grasas/Grassi/Tuky		1.7 g	2%	0.5 g	1%
of which Saturates/davon gesättigte Fettsäuren/dont acides gras saturés/de las cuales Saturadas/di cui saturiz toho nasycené		1.1 g	6%	0.3 g	2%
Carbohydrate/Kohlenhydrate/Glucides/Carboidratos/Carboidrati/Sacharidy		4.3 g	2%	1.3 g	0%
of which Sugars/davon Zucker/dont sucres/de los cuales Azúcares/di cui zuckeriz toho cukry		2.4 g	3%	0.7 g	1%
Fibre/Ballaststoffe/Fibres/Fibra/Vláknina		3.4 g		1.0 g	
Protein/Eiweiß/Protéines/Proteina/Proteine/Bilkoviny		80 g	160%	24 g	48%
Salt/Salz/Sel/Sal/Sale/Sól		0.67 g	11%	0.2 g	3%

*Reference intake of an average adult/Referenzmenge eines durchschnittlichen Erwachsenen/Apports journaliers recommandés pour un adulte type moyen/Ingesta de referencia de un adulto promedio/Assunzione di riferimento per un adulto medio/Referenčni hodnota prijmu u průměrné dospělé osoby (8400 kJ/2000kcal).

ADDITIONAL INFORMATION

Typical Values	30 g
DigeZyme® Digestive Enzyme Complex	50 mg
LactoSpore® <i>Bacillus coagulans</i>	125,000,000 spores
<i>Bifidobacterium bifidum</i>	125,000,000 CFU ¹
<i>Lactobacillus acidophilus</i>	125,000,000 CFU ¹
<i>Lactobacillus rhamnosus</i>	125,000,000 CFU ¹

¹Colony forming units / Kolonie tvořící jednotky.

AMINO ACID PROFILE grams per 30 g serving

Essential Amino Acids	Conditionally Essential Amino Acids	Non-Essential Amino Acids
Histidin 0.404	Arginine 0.503	Alanine 1.087
Isoleucine 1.572	Cystine 0.592	Aspartic Acid 2.628
Leucine 2.490	Glutamic Acid 4.116	Glycine 0.420
Lysine 2.406	Proline 1.405	Serine 1.038
Methionine 0.541	Tyrosine 0.715	
Phenylalanine 0.715		
Threonine 1.617		
Tryptophan 0.482		
Valine 1.269		

Food supplement – High protein, vanilla flavour powdered drink mix with sweeteners.

UK
BG 019

ALLERGY ADVICE

For allergens see ingredients in **BOLD**. May also contain traces of Egg and/or Gluten.

INGREDIENTS

Instantised Whey Protein (Whey Protein Isolate (77%) (MILK), Whey Protein Concentrate (14%) (MILK), Emulsifier (SOYA Lecithin)), MILK Protein Concentrate (5%), Flavourings, Thickener (Cellulose Gum), Sea Salt, Digestive Enzyme Complex (DigeZyme® (Alpha-Amylase, Neutral Protease, Cellulase, Lactase, Lipase)), Sweetener (Sucralose), Colour (Carotenes), *Bacillus Coagulans* (LactoSpore®), Anti Caking Agent (Silicon Dioxide), Sweetener (steviol glycosides from stevia), Multi-Component Protected Lactic Acid Bacteria (*Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*).

EASY LUMP-FREE MIXING

with a smooth consistency



1x heaped scoop

180 - 200ml water

Shake well

Mix 30g (approximately 1 heaped 60ml scoop) with 180 - 200ml of water or milk of choice until a smooth even consistency is achieved.



1 Serving

1 heaped scoop

24G
Protein

Guidance notice: This product is a food supplement and should be used in conjunction with food as part of a varied and balanced diet and a healthy lifestyle, not as a substitute for such. Consume up to three servings per day. Do not exceed the stated recommended daily dose. This product is not intended for use by persons under the age of 16. Keep out of reach of young children. The scoop included with this product measures by volume not by weight, for precise measurements please use measuring scales. This product is sold by weight, not by number of servings. This product has been manufactured in a facility which is routinely tested for banned substances. See website for details. Protein contributes to a growth in muscle mass.

Storage instructions: Store in a cool dry place. Keep lid on after opening. Best consume entire product within 3 months of opening. Best before end: See shoulder, side or base.

Image: Comprehensive table displaying nutritional values per 100g, per serving (30g), and amino acid profile, along with additional information on digestive enzymes and lactic acid bacteria.

6. STORAGE AND HANDLING

- Store in a cool, dry place.
- Keep the lid tightly closed after opening.
- For best quality, consume the entire product within 3 months of opening.
- Refer to the shoulder, side, or base of the tub for the 'Best Before End' date.

7. SAFETY INFORMATION AND LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Always consult with a healthcare professional before starting any new supplement regimen, especially if you have pre-existing health conditions or are taking other medications.

8. SPECIFICATIONS

- **Product Dimensions:** 7.99 x 7.99 x 9.84 inches

- **Item Weight:** 2.2 Kilograms (4.85 Pounds)
- **Servings per Container:** 77
- **Flavor:** Vanilla
- **Material Type Free:** Caffeine Free
- **Item Model Number:** Instant Whey Pro
- **ASIN:** B00GTPC7YM
- **Date First Available:** November 27, 2013

9. TROUBLESHOOTING

- **Problem:** Powder is clumpy or not mixing smoothly.
Solution: Ensure you are using the recommended amount of liquid (180-200ml per scoop). Shake vigorously for at least 20-30 seconds. Using a shaker bottle with a mixing ball or mesh screen can improve consistency.
- **Problem:** Taste is too strong or too weak.
Solution: Adjust the amount of liquid to your preference. More liquid will dilute the flavor, less liquid will intensify it.

10. SUPPORT

For further assistance or inquiries regarding Reflex Nutrition Instant Whey Pro, please refer to the official Reflex Nutrition website or contact their customer support directly. Contact information can typically be found on the product packaging or the manufacturer's website.