NUTRITION INFORMATION

NO I RITION INFORMATION				
Typical values	Per 100g	% NRV	Per 290g daily serving	% NRV
Energy Fat of which saturates monounsaturates polyunsaturates carbohydrate of which sugars Fibre Protein Salt Vitamin A Vitamin D3 Tocotrienols (DeltaGold®) Vitamin C Thiamin Riboflavin Niacin Vitamin B6 Folic Acid Vitamin B12 Biotin Pantothenic Acid Magnesium Iron Zinc Copper Selenium Chromium BCAAS	Per 100g 1,613 kJ 380 kcal 2.6 g 1.4 g 1.0 g 0.4 g 50.3 g 17.2 g 2.0 g 38.0 g* 224 mg 276 µg 5.2 µg 5.2 µg 5.2 mg 69 mg 1.1 mg 6.1 mg 1.1 mg 6.86 µg 55 µg 2 mg 103.5 mg 5.4 µg 5.18 mg 554 µg 18.9 µg 35 µg 7,117 mg	%	Per 290g daily serving 4,679 kJ 1,103 kcal 7.5 g 4.1 g 1.1 g 1.4 6 g 50 g 5.8 g 110 g* 650 mg 801 µg 15 µg 15 mg 200 mg 3.2 mg 3.2 mg 3.2 mg 18 mg 3.2 mg 200 µg 2.5 µg 160 µg 6 mg 300 mg 16 mg 15 µg 15 µg 17 µg 18 mg 18 mg 200 µg	
Creatine (Creapure®) L-Leucine (free form) Betaine Anhydrous Beta Alanine	3,448 mg 2,069 mg 1,793 mg 1,241 mg		10,000 mg 6,000 mg 5,200 mg 3,600 mg	
L-Taurine Enzyme Complex (Digezyme®) Choline Piperine (BioPerine®) Bifidobacterium Bifidum Lactobacillus Acidophilus Lactobacillus Rhamnosus	1,035 mg 100 mg 69 mg 3.5 mg 250,000,000 CFU ¹ 250,000,000 CFU ¹ 250,000,000 CFU ¹		3,000 mg 290 mg 200 mg 10 mg 725,000,000 CFU ¹ 725,000,000 CFU ¹ 725,000,000 CFU ¹	

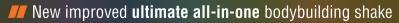




Per 290 g daily serving.

ONE STOP® XTREME

| MUSCLE & STRENGTH



EU sourced grass-fed whey protein & micellar casein

Contains Creapure® the purest creatine available

Boosted with **beta alanine**, **betaine anhydrous** and **L-leucine**

Food supplement powdered drink mix with sweetener.

reflex-nutrition.com



USE TWICE

4.35 kg e



registered UK site by: Reflex Nutrition Ltd. The Science Park.



STORE IN A COOL DRY PLACE

ONE STOP® XTREME - all-in-one supremacy™

PRODUCT INFORMATION

Established in 1996, Reflex Nutrition probably has more experience making all-in-one bodybuilding supplements than any other company in the industry today. New improved ONE STOP® XTREME takes things one step further delivering more quality ingredients than ever before. In fact we guarantee that you simply won't find better, if you do we will refund you.

EU Sourced Whey Protein and Native Milk Protein, Fast & Slow Proteins.

The main protein source in ONE STOP® XTREME is an EU sourced grass-fed dairy protein blend. Made from preferentially selected undenatured ultra, filtered whey protein and undenatured native milk protein providing a valuable source of micellar casein. It provides a very rich source of branched-chain amino acids, essential amino acids and glutamine. We're also keen to stress that ONE STOP® XTREME does not contain any added lower quality soy protein which contains trypsin inhibitors that may actually prevent protein digestion

The World's No.1 Creatine, Creapure®

Creapure® creatine, it's the world's most researched form of creatine. It's vital that you choose a proven creatine that is both extremely pure, highly effective and above all safe; it's for this very reason that Reflex Nutrition only supply and manufacture products with Creapure® creatine monohydrate.

No serious all-in-one bodybuilding supplement would be complete without the following highly popular and highly acclaimed amino acids; pure free form L-Leucine; Beta Alanine: Betaine Anhyrdous and Taurine.

Supporting Healthy Testosterone Levels, Normal Protein Synthesis, Muscle Function and your COMPLETE A-Z.

ONE STOP® XTREME contains highly bioavailable zinc bisglycinate made using a patented process by the highly acclaimed mineral specialist Albion Minerals, Zinc contributes to the maintenance of normal testosterone levels in the blood, normal function of the immune system, normal carbohydrate metabolism and protein synthesis, protection of cells from oxidative stress as well as normal cognitive function. The magnesium bisglycinate in ONE STOP® XTREME is also made by Albion Minerals. Magnesium contributes to normal muscle function, normal energy-yielding metabolism, a reduction of tiredness and fatigue and normal functioning of the nervous system. We do not use the inferior and cheaper form magnesium oxide. To complete the picture ONE STOP XTREME also provides 100% of the NRV of all your daily vitamins.

Now with Patented LAB2PRO® Friendly Bacteria

Three different strains are used; Lactobacillus acidophilus, Bifidobacterium lactis and Lactobacillus rhamnosus. LAB2PRO® friendly bacteria have been coated using a patented multi component protection process to ensure that they reach the upper intestine intact. More information is available at www.lab2pro.com

Results Money Back Guarantee

Use ONE STOP® XTREME as directed with an intense weight lifting programme and if you don't experience the results you were expecting we'll happily refund your purchase price in full. See website for full terms and conditions.

IIIINSTRUCTIONS FOR USE

Mix 145 g (approximately four and a half level 60 ml measures) with 600 ml of water and mix thoroughly in a shaker cup or blender. On training days 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

The above is our recommended usage instructions, you may of course take a larger or smaller serving and mix with more or less liquid as desired. Please be aware that using more or less powder will impact the number of servings per tub, and adding more or less liquid will impact the taste of the product. 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.

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 to diagnose, cure or prevent any disease. This product is not intended for use by

Manufactured in an Informed-Sport Sea View Way, Brighton, BN2 6NT