

## NUTRITION INFORMATION

Typical values	Per 100g	% NRV	Per 290g daily serving	% NRV
Energy	1,613 kJ 380 kcal		4,679 kJ 1,103 kcal	
Fat	2.6 g		7.5 g	
of which saturates	1.4 g		4.1 g	
monounsaturates	1.0 g		2.9 g	
polyunsaturates	0.4 g		1.1 g	
Carbohydrate	50.3 g		146 g	
of which sugars	17.2 g		50 g	
Fibre	2.0 g		5.8 g	
Protein	38.0 g*		110 g*	
Salt	224 mg		650 mg	
Vitamin A	276 µg	35	801 µg	100
Vitamin D3	5.2 µg	104	15 µg	300
Tocotrienols (DeltaGold®)	5.2 mg		15 mg	
Vitamin C	69 mg	86	200 mg	250
Thiamin	1.1 mg	99	3.2 mg	287
Riboflavin	1.1 mg	78	3.2 mg	225
Niacin	6 mg	39	18 mg	113
Vitamin B6	1.1 mg	78	3.2 mg	225
Folic Acid	69 µg	34	200 µg	100
Vitamin B12	0.86 µg	34	2.5 µg	100
Biotin	55 µg	110	160 µg	318
Pantothenic Acid	2 mg	35	6 mg	100
Magnesium	103.5 mg	28	300 mg	80
Iron	5.4 mg	38	16 mg	111
Zinc	5.18 mg	52	15 mg	150
Copper	554 µg	55	1,607 µg	220
Selenium	18.9 µg	34	55 µg	100
Chromium	35 µg	87	101 µg	252
BCAAs	7,117 mg		20,640 mg	
Creatine (Creapure®)	3,448 mg		10,000 mg	
L-Leucine (free form)	2,069 mg		6,000 mg	
Betaine Anhydrous	1,793 mg		5,200 mg	
Beta Alanine	1,241 mg		3,600 mg	
L-Taurine	1,035 mg		3,000 mg	
Enzyme Complex (Digezyme®)	100 mg		290 mg	
Choline	69 mg		200 mg	
Piperine (BioPerine®)	3.5 mg		10 mg	
Bifidobacterium Bifidum	250,000,000 CFU†		725,000,000 CFU†	
Lactobacillus Acidophilus	250,000,000 CFU†		725,000,000 CFU†	
Lactobacillus Rhamnosus	250,000,000 CFU†		725,000,000 CFU†	

## INGREDIENTS

Premium Protein Blend (42 % (of which Whey Protein Concentrate (71 % (MILK), Native MILK Protein (29 % (of which 80 % Micellar Casein, 20 % Native Whey Protein)), Low GI Carbohydrate Complex (20 % (of which OAT Flour (50 %), Malto-dextrin, Betaine Anhydrous, Flavourings, Beta Alanine, L-Taurine, Magnesium Bisglycinate, Thickener (chocolate varieties only), Creatine Monohydrate (Creapure®), L-Leucine, Betaine Anhydrous, Flavourings, Beta Alanine, L-Taurine, Magnesium Bisglycinate, Thickener (Carboxymethyl Cellulose), L-Choline Bitartrate, Natural Colouring (Betanin (strawberry flavour only), Enzyme Complex (Digezyme®), Sweetener (Sucralose), L-Ascorbic Acid, Colour (Beta Carotene (vanilla flavour only), Sweetener (Stevia), Zinc Bisglycinate, Tocotrienols (DeltaGold®), Iron Bisglycinate, Multi Component Protected Lactic Acid Bacteria (LAB2PRO® (Bifidobacterium Bifidum, Lactobacillus Acidophilus, Lactobacillus Rhamnosus)), Nicotinamide, Copper Bisglycinate, Natural Colouring (Anthocyanin (strawberry flavour only)), Selenomethionine (Selenium SeLECT®), Piperine Extract (BioPerine®), Rebinyl Acetate, D-Calcium Pantothenate, Cholecalciferol, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Chromium Picolinate, Folic Acid, D-Biotin, Methylcobalamin).

† Made in a facility which handles: Products of Crustaceans, products of Eggs and products of Fish.

ALBION

100% suitable for vegetarians

**R**  
NUTRITION

# ONE STOP XTREME

## MUSCLE & STRENGTH

- /// New improved ultimate all-in-one bodybuilding shake
- /// 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

Flavour: See lid.  
Best before end: See shoulder, side or base.

**110g**  
PROTEIN

**20.6g**  
BCAA

**10g**  
CREATINE

Per 290 g daily serving.



USE TWICE  
DAILY

30  
SERVINGS

## PRODUCT INFORMATION

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

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.

### Additional Amino Acids

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 Anhydrous 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](http://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.

## INSTRUCTIONS 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 one serving in the afternoon between meals.

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.

\*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 to diagnose, cure or prevent any disease. This product is not intended for use by persons under the age of 16. Keep out of reach of young children. Do not exceed the stated daily dose.



Manufactured in an Informed-Sport registered UK site by:  
Reflex Nutrition Ltd, The Science Park,  
Sea View Way, Brighton, BN2 6NT  
[reflex-nutrition.com](http://reflex-nutrition.com)



STORE IN A COOL DRY PLACE

The ingredients of this product may originate from countries other than the United Kingdom.

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