

## PRODUCT INFORMATION

Contains 72 g of protein and over 100 % of the nutrient reference value for calcium per daily serving.

Using a unique ratio of purified whey protein and native milk protein, **DIET PROTEIN™** provides an unrivalled source of protein naturally rich in branched-chain amino acids and bioactive peptides. In addition **DIET PROTEIN™** provides a significant source of natural dairy calcium; in fact it supplies over 100 % of the nutrient reference value. Calcium contributes to normal energy-yielding metabolism and is needed for the maintenance of normal teeth and bones. Protein contributes to the maintenance of muscle mass, making **DIET PROTEIN™** the perfect product to help support those wishing to manage their weight, whilst maintaining muscle.

**DIET PROTEIN™**'s unique protein complex mixes to create a thick, satisfying shake, that is both tasty and filling. **DIET PROTEIN™** is available in 900 g and 2 kg size packs, in delicious flavours such as **BANOFFEE**, **CHOCOLATE** and **STRAWBERRY**.

A daily serving of **DIET PROTEIN™** contains 3.2 g of Clarinol® conjugated linoleic acid.

Aside from the unique protein complex a critical component of **DIET PROTEIN™** is the use of a research\* based dose of conjugated linoleic acid (CLA); a natural fatty acid. Many diet products today contain CLA, but it will often be non-branded material from China, and in low doses. **DIET PROTEIN™** includes Clarinol® CLA, made from natural safflower oil and produced in dedicated plants by experts focused on the production of a world class product. Clarinol® CLA contains the highest possible concentration of beneficial active CLA fatty acids, which are called isomers.

Providing additional support.

**DIET PROTEIN™** also contains significant amounts of green tea extract and L-carnitine which are both highly popular supplements with people following weight management programmes. In addition **DIET PROTEIN™** is one of the only diet shakes on the market today to contain LactoSpore®. LactoSpore® is a lactic acid producing *Bacillus* preparation containing *Bacillus coagulans* spores. In the acidic environment of the stomach these spores germinate into friendly bacteria (similar to those found in many popular yoghurt drinks) which proliferate into the gut.

Are you using a multivitamin?

If you are serious about your training and health, you are likely to be using a multivitamin. **R™** Nutrition manufacture two ultra-high quality vitamin products under the **NEXGEN®** brand, arguably the finest quality multivitamin products commercially available. These products are made in capsule rather than tablet form, this allows for greater absorption by the body. They contain vitamins and minerals in chelated forms, these are higher quality and more readily used by the body than oxide forms which are used by most other brands of multivitamin. For the conscientious sportsman try **NEXGEN®**, for the professional athlete try **NEXGEN® PRO**.

You owe it to yourself to find out more at [reflex-nutrition.com](http://reflex-nutrition.com)

**R™**  
NUTRITION

36g  
PROTEIN

1.6g  
CLA

196  
CALORIES

Per 50 g serving.

# DIET PROTEIN

## WEIGHT MANAGEMENT

Research proven dose of Clarinol® CLA

Includes Green Tea Extract and L-Carnitine

Contains friendly bacteria

Food supplement powdered drink mix with sweetener.

[reflex-nutrition.com](http://reflex-nutrition.com)

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



USE  
ANY TIME

40  
SERVINGS

2 kg e

## NUTRITION INFORMATION

Typical values	per 100 g	% NRV	per 50 g serving	% NRV
Energy	1,659 kJ 393 kcal		830 kJ 196 kcal	
Fat	6.4 g		3.2 g	
of which				
Saturates	0.8 g		0.4 g	
Mono-unsaturates	1.0 g		0.5 g	
Polyunsaturates	4.5 g		2.2 g	
Carbohydrate	10.2 g		5.1 g	
of which				
Sugars	3.5 g		1.8 g	
Fibre	3.1 g		1.6 g	
Protein	72 g*		36 g*	
Salt	0.36 g		0.18 g	
Calcium	1,242 mg	155	621 mg	78
Conjugated Linoleic Acid (Clarinol®)	3.2 g		1.6 g	
Green Tea Extract	300 mg		150 mg	
L-Carnitine L-Tartrate	500 mg		250 mg	
Bacillus Coagulans (LactoSpore®)	100,000,000 spores		50,000,000 spores	

\* Protein calculated using a nitrogen multiplier value of 6.25.  
Nutrient Reference Values (NRV) where given are calculated against Regulation (EU) No 1169/2011

**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.

**Storage instructions:** Store in a cool dry place away from direct sunlight. To preserve the product once opened; always tightly screw the lid back on and avoid exposing the remaining product to humid air.



Made in the United Kingdom by:  
Reflex Nutrition Ltd,  
The Science Park, Sea View Way,  
Brighton, BN2 6NT  
[reflex-nutrition.com](http://reflex-nutrition.com)



ReflexNutritionLtd  
@ReflexNutrition



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

\***DIET PROTEIN™** are trademarks of Reflex Nutrition Ltd. Clarinol® is a registered trademark of Lipid Nutrition BV. LactoSpore® is a registered trademark of Valonius Corporation.

## INGREDIENTS

Protein Blend (87 %) (MILK Protein Concentrate [of which 80 % Micellar Casein, 20 % Whey Protein], Ultra Filtered Whey Protein Concentrate [MILK], Peptide-Bonded Glutamine [WHEAT], Cross-Flow Micro-Filtered Whey Protein Isolate [MILK]), Cocoa Powder (chocolate variety only), Conjugated Linoleic Acid Powder (Clarinol®) (Safflower Oil, Glucose Syrup, Sodium Caseinate, Anti-Caking Agent [Silicon Dioxide], Emulsifier [Lecithin], Stabiliser [Tetrasodium Disphosphate], Antioxidant [Tocopherol-Rich Extract]), Colouring (Beetroot Red [strawberry variety only]), Thickener (Carboxymethyl Cellulose), L-Carnitine L-Tartrate, Malic Acid (strawberry variety only), Green Tea Extract (95 % Polyphenols, 45 % Epigallocatechin Gallate), Cocoa Powder (banoffee variety only), Colour (Beta Carotene [banoffee variety only]), Sweetener (Sucralose), Bacillus Coagulans (LactoSpore®), Silicon Dioxide.

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

## INSTRUCTIONS FOR USE

Use as part of a calorie controlled diet. To make a great tasting shake mix 50 g (approximately two level 60 ml measures\*) with 350 ml water in a shaker or blender. Consume 2 servings per day.

The above are our recommended instructions for use; you may of course mix with more or less liquid to reach the desired consistency and taste. Product is best consumed immediately once mixed. Do not leave mixed product to stand or leave in warm environments for extended periods. The scoop included with the 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 vary to the latest design trends.

