

INSTRUCTIONS FOR USE

Important: Please assess your tolerance before using Muscle Bomb® as part of your diet and training regime.

To assess tolerance: Consume half a serving (15 g, approximately one heaped 25 ml measure) with 175 ml of water and wait 30 minutes. If no adverse effects (breathing trouble, confusion, vomiting or heart palpitations) are experienced, proceed with the remaining half serving. Assuming you can tolerate a full serving without adverse effect, use in conjunction with your training. If any adverse effects are experienced, discontinue use and seek advice from a healthcare professional. **Do not take more than 30 g as a serving.** A caffeine-free version of Muscle Bomb® is available if caffeine tolerance is an issue.

On training days: Mix 30 g (approximately two heaped 25 ml measures) with 350 ml water, consume on an empty stomach 30–40 minutes before your workout.

To avoid desensitisation, discontinue use of this product after 12 weeks of use and take a 4 week break before resuming use.

Guidance Notice: This product is a food supplement and should be used in conjunction with food as part of a healthy and varied diet, not as a substitute for such. Recommended consumption is up to 30 g of product in a day. Do not exceed the stated recommended daily dose. 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.

Storage Instructions: Store in a cool dry place away from direct sunlight. Always seal container after each use. **Keep out of reach of young children.**

Best before end: See shoulder, side or base.

FRUIT
PUNCH
FLAVOUR



REFLEX
NUTRITION

STRENGTH & PERFORMANCE

8 g

CITRULLINE
MALATE

3.2 g

BETA
ALANINE

7 g

BCAA

PER 30g SERVING

600 g e

20 SERVINGS

NUTRITION INFORMATION

Typical Values	per 100 g	(RI)* NRV	per 30 g serving	(RI)* NRV
Energy	1,509 kJ/355 kcal	(18 %)	453 kJ/107 kcal	(5 %)
Fat	<0.5 g	(0 %)	<0.5 g	(0 %)
of which Saturates	<0.1 g	(0 %)	<0.1 g	(0 %)
Carbohydrate	24 g	(9 %)	7.1 g	(3 %)
of which Sugars	8.0 g	(9 %)	2.4 g	(3 %)
Protein	65 g	(130 %)	20 g	(39 %)
Salt	2.4 g	(40 %)	0.72 g	(12 %)
Vitamin B6	4.0 mg	286 %	1.2 mg	86 %
Folic Acid	2,000 µg	1,000 %	600 µg	300 %
Vitamin B12	63 µg	2,520 %	19 µg	760 %

*Reference intake of an average adult (8,400 kJ/2,000 kcal)

INGREDIENTS

Citrulline Malate, Branched-Chain Amino Acid Blend (L-Leucine, L-Isoleucine, L-Valine, Emulsifier (Sunflower Lecithin)), Beta-Alanine, Maltodextrin, Betaine Anhydrous, L-Carnitine L-Tartrate, Flavouring, L-Taurine (L-Taurine, Anti-Caking Agent (Silicon Dioxide)), Sodium Bicarbonate, Caffeine Anhydrous, Sweetener (Steviol Glycosides), Colour (Beetroot Red), Anti-Caking Agent (Calcium Silicate), Colour (Beta Carotene), Grape Seed Extract, Pine Bark Extract, Vitamin B12 (Maltodextrin, Anti-Caking Agent (Calcium Silicate), Methylcobalamin), Pyridoxine Hydrochloride, Folic Acid (Pteroylmonoglutamic Acid, Maltodextrin).

Food supplement - flavoured powdered drink mix, with vitamins, amino acids and with sweetener. High caffeine content. Not recommended for children or pregnant or breast-feeding women (66 mg per 100 ml).

Muscle Bomb® is a registered trademark of Reflex Nutrition Ltd.

ADDITIONAL INFORMATION

Typical Values	per 30 g serving
Citrulline Malate	8 g
Beta-Alanine	3.2 g
Caffeine	250 mg
Betaine Anhydrous	2.6 g
Branched-Chain Amino Acids	7 g
of which L-Leucine	3.4 g
L-Isoleucine	1.8 g
L-Valine	1.8 g
L-Carnitine L-Tartrate	2 g
Taurine	1 g
Grapeseed Extract	58 mg
Pine Bark Extract	58 mg



Manufactured in the UK by:
Reflex Nutrition Ltd,
The Science Park,
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ReflexNutrition.com



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



MUSCLE BOMB®