

Nutrition Information <small>Typical values when mixed with water</small>		Per 100g	Per 45g serving
Energy	KJ kcal	1,484 337	668 152
Protein		78g	35.1g
Carbohydrate		6.0g	1.5g
of which sugars		6.0g	1.5g
Fat		1.5g	0.7g
of which saturates		1g	0.4g
Fibre		0g	0g
Sodium		68mg	30mg
Lactospore® probiotics <small>(spores)</small>		200,000,000	90,000,000

Recommended Use*: Mix 45g (approximately three heaped 25cc measures*) with 450ml water or skimmed milk in a shaker or blender. Consume one serving before bedtime. You can also take a serving before a prolonged period of time (more than 3 hours) where no food will be eaten. Do not exceed the stated dose.

*recommended use based on a 75kg male.
*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 for use by persons under the age of 16. Keep out of reach of young children.

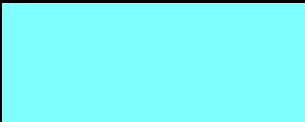
Milk Protein Concentrate typical % amino acid profile

Essential Amino Acids (EAA's)		Conditionally Essential Amino Acids (CEAA's)		Nonessential Amino Acids (NAA's)	
Isoleucine*	5.0	Arginine	3.4	Alanine	3.1
Leucine*	9.5	Cystine	0.7	Aspartic Acid	7.0
Lysine	7.8	Glutamic Acid	20.4	Glycine	1.8
Methionine	2.6	Histidine	2.8	Serine	5.0
Phenylalanine	4.7	Proline	9.7		
Threonine	4.2	Tyrosine	5.0		
Tryptophan	1.6				
Valine*	6.1				

*BCAA's Branch Chain Amino Acids

Contains: Milk products.

Ingredients: Milk protein concentrate (80% micellar casein, 20% whey protein), flavouring substances, natural colourings (cocoa (chocolate flavour only), betanin (strawberry flavour only), beta carotene (banana and vanilla flavours only)), carboxy methyl cellulose, artificial sweeteners (acesulfame k, sucralose), Lactospore® probiotics (bacillus coagulans).



Store in a cool dry place away from direct sunlight.



reflex®

micellar casein

Instant mixing time release protein
Made using 100% renewable energy
Added Lactospore® probiotics

20
servings

909g e

Best Before: See Side

Flavour: See Lid

High protein sports nutrition food supplement with natural colourings, flavouring substances & artificial sweeteners.

micellar casein - time release protein

An instant mixing time release protein product made from fresh skimmed milk. It is not to be confused with acid casein or caseinates made using manufacturing processes which can denature the protein. The protein found in **micellar casein** is un-denatured, providing approximately 80% casein protein and 20% whey protein.

In a ground breaking study⁽¹⁾ carried out by Dr Yves Boirie, the differences in metabolic responses of whey protein and casein were individually observed over a 7 hour period in 16 young and healthy volunteers. The findings showed that both casein and whey have very different applications when it comes to maintaining and building muscle tissue.

Research highlights:

- i) Casein was found to inhibit muscle breakdown by 34% over a 7 hour period.
- ii) Blood plasma amino acid concentrations remained significantly higher over a 7 hour period with casein compared to whey.
- iii) Blood plasma amino acid concentrations dropped dramatically after 3 hours in the group consuming whey.
- iv) Although blood plasma levels dropped dramatically with whey, the net increase in protein synthesis was boosted by 68%.

The reason for casein's ability to sustain such a lengthy release of amino acids is because of its unique digestibility. It forms a gel in the stomach, slowing the transit time in the digestive system and subsequent digestion of the protein. These findings demonstrate casein as the perfect protein source when a positive nitrogen balance is preferred for more than 3 hours. e.g when you are sleeping, or a prolonged period during the day, whereas whey protein is seen as the preferred protein source for increasing protein synthesis. e.g between meals and after workouts.

References

- 1. BOIRIE Y, DANGIN M, GACHON P, VASSON MP, MAUBOIS JL, BEAUFRERE B. Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc Natl Acad Sci USA 1997

Environmental statement

All Reflex Nutrition facilities are powered by 100% green renewable electricity. The container and lid used for this product are made from HDPE which is widely recyclable.

Please recycle

reflex quality

Reflex Nutrition products are made at our state of the art factory in the UK in accordance with ISO 9001 procedures. We also randomly drug test batches of **micellar casein** along with all Reflex Nutrition products in accordance with ISO 17025.

Made in the UK by:

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