

# Update 1: Sci-Mx Nutrition recalls Sci-Mx Nutrition Ultra Muscle Strawberry Flavour because of high levels of caffeine

Sci-Mx Nutrition is extending their recall of Sci-Mx Nutrition Ultra Muscle Strawberry Flavour sold at Home Bargains because high levels of caffeine have been found in the product. This makes the product unsafe to consume. Some of these products were found to contain levels of caffeine at levels that could be fatal.

This update includes details of additional batch codes affected and it replaces the earlier alert.

## Product details

### Sci-Mx Nutrition Ultra Muscle Strawberry Flavour

Pack size	1.5kg bags
Batch code	W110429, W110430, W110431
Best before	March 2025

## Risk statement

High levels of caffeine in the product listed above. Some of these products were found to contain levels of caffeine at levels that could be fatal.

Too much caffeine can produce anxiety, sleeplessness, agitation, palpitations, diarrhoea and restlessness. Individuals with a mental health condition can experience worsened psychosis and result in the need for higher amounts of medication. Caffeine can reduce how well your antipsychotic medications work.

Children, or other people sensitive to caffeine, should only consume caffeine in moderation. Pregnant and breast-feeding women are advised not to have more than 200mg of caffeine over the course of a day.

## Action taken by the company

Sci-Mx Nutrition is recalling the above product. Point of sale notices will be displayed in all retail stores that are selling this product. These notices explain to customers why the products are being recalled and tell them what to do if they have bought the product. Please see the attached notice.

PDF

[View Customer notice: Update 1-Home Bargains recalls Sci Mx Nutrition Ultra muscle Strawberry Flavour as pdf\(Open in a new window\)](#) (197.84 KB)

## **Our advice to consumers**

If you have bought the above product, please do not consume it. Instead, contact Sci-Mx customer careline at [customerservices@sci-mx.co.uk](mailto:customerservices@sci-mx.co.uk) and they will arrange a full refund.

## **Related alerts**

- [FSA-PRIN-19-2023: Home Bargains recalls Sci-Mx Nutrition Ultra Muscle Strawberry Flavour because of high levels of caffeine](#)

## **About product recalls and withdrawals**

If there is a problem with a food product that means it should not be sold, then it might be 'withdrawn' (taken off the shelves) or 'recalled' (when customers are asked to return the product). The FSA issues Product Recall Information Notices to let consumers and local authorities know about problems associated with food. In some cases, a 'Food Alert for Action' is issued. This provides local authorities with details of specific action to be taken on behalf of consumers.

Ref: FSA-PRIN-19-2023-update-1

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