



2 SCOOPS
50g OF PROTEIN



1 SCOOP
25g OF PROTEIN

WAYS TO MIX



SHAKER

ADD 1 SCOOP TO YOUR SHAKER. CLOSE AND SHAKE FOR 30 SECONDS.



BLENDER

ADD 1 SCOOP TO BLENDER. BLEND FOR 20 SECONDS, ADD ICE AND BLEND FOR 20 EXTRA SECONDS.



STIR

ADD 1 SCOOP TO LARGE GLASS. STIR FOR 20-30 SECONDS OR UNTIL THE POWDER IS COMPLETELY DISSOLVED.

BEPOWERFUL®

hpi
SPORTS



CHOCOLATE COOKIE

NATURAL AND ARTIFICIAL FLAVORS

ZERO MALTODEXTRIN! • ZERO FILLERS!

WHEY HD™

ULTRA PREMIUM WHEY PROTEIN POWDER

TO BE USED IN CONJUNCTION WITH:

• **STRENGTH / MUSCLE BUILDING PROGRAMS†**

• **NUTRITION / WEIGHT LOSS PROGRAMS†**

25G PROTEIN
PER SCOOP

NET WT. 2.0 LBS (907 GRAMS)
DIETARY SUPPLEMENT

25
SERVINGS

MIX
1 SCOOP
IN 5 TO 6oz OF
COLD WATER
IMMEDIATELY AFTER
WORKOUT

25G
PROTEIN
PER SCOOP

5G
NATURALLY
OCCURRING
BCAAs

GLYCEROL
MONOSTEARATE

PRE POST

**25g OF PROTEIN PER SCOOP!
ONLY 2g OF SUGAR!**

Please read entire label before use.

SUGGESTED USE: Mix thoroughly in 5 to 6 ounces of ice cold water and drink immediately after workout or strenuous activity. May also be taken anytime to promote recovery and help build strong muscles.† For optimal results, use in conjunction with a proper diet and always consult with a physician prior to beginning a training regimen.

Supplement Facts

Serving Size 1 Scoop (37 grams)
Servings Per Container 25

Amount Per Serving		% Daily Value
Calories	150	
Calories from Fat	25	
Total Fat	3 g	5%†
Saturated Fat	1.5 g	8%†
Cholesterol	95 mg	32%
Total Carbohydrate	4 g	1%†
Dietary Fiber	0 g	0%†
Sugars	2 g	**
Protein	25 g	50%†
Calcium	300 mg	30%
Sodium	80 mg	3%

† Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Muscle building protein blend (whey protein concentrate, milk protein concentrate, whey protein isolate, milk protein isolate), natural and artificial flavor, cellulose gum, xanthan gum, carrageenan, silicon dioxide, lecithin (from soy and/or sunflower), sucralose, acesulfame potassium, glycerol monostearate, and ProHydrolase® (proprietary/patented enzyme blend).

Contain(s): Milk and soy.

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, FISH, EGG, TREE NUTS, AND WHEAT.