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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

†When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party *in vivo* and/or *in vitro* model scientific research data findings for individual ingredients.



2 SCOOPS
50g OF PROTEIN



1 SCOOP
25g OF PROTEIN

WAYS TO MIX



SHAKE

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



BLEND

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®



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

DIETARY SUPPLEMENT
NET WT. 4.75 LBS (2,156 GRAMS)

APPROX.
57
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!

Supplement Facts

Serving Size 1 Scoop (38 grams)
Servings Per Container Approx. 57

Amount Per Serving		% Daily Value
Calories	160	
Calories from Fat	30	
Total Fat	3 g	5%†
Saturated Fat	2 g	10%†
Cholesterol	110 mg	37%
Total Carbohydrate	5 g	2%†
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 flavors, cocoa processed with alkali, 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.

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.

**WHEY HD™ IS AN
ULTRA-PREMIUM MUSCLE
BUILDING PROTEIN POWDER.**

This protein formula features multiple quality whey proteins resulting in a nutritious and multi-functional protein supplement that ensures a superior bio-available protein source for athlete muscle. **WHEY HD™** includes a unique enzyme formulation to support the digestion of protein, and delivers 5 grams of branched chain amino acids per serving to counter muscle protein breakdown. As any athlete and active individual knows, high-quality protein is essential for building and maintaining lean muscle mass.†



Manufactured for and Distributed By:
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