



***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.**

¹ 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.

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.[†]

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®



GRANOLA CRUNCH

NATURAL AND ARTIFICIAL FLAVORS



ZERO MALTODEXTRIN! • ZERO FILLERS!

WHEY HD™

ULTRA PREMIUM WHEY PROTEIN POWDER



TRUSTED INDEPENDENT LABORATORY

TO BE USED IN CONJUNCTION WITH:

- **STRENGTH / MUSCLE BUILDING PROGRAMS[†]**
- **NUTRITION / WEIGHT LOSS PROGRAMS[†]**

25G PROTEIN PER SCOOP

DIETARY SUPPLEMENT
 NET WT. 4.5 LBS (2,040 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

Supplement Facts

Serving Size 1 Scoop (37 grams)
 Servings Per Container Approx. 57

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	3 g **
Protein	25 g 50% [†]
Calcium	300 mg 30%
Sodium	120 mg 5%

[†] 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), granola (whole rolled oats, whole grain wheat, rice, corn syrup, almonds, molasses, modified corn starch, palm oil, cinnamon, nonfat milk, malt flavoring, polyglycerol esters of fatty acids, guar gum, BHT for freshness, vitamins and minerals: niacinamide, zinc oxide, pyridoxine hydrochloride (vitamin B6), sodium ascorbate (vitamin C), palmitate (vitamin A), reduced iron, riboflavin, folic acid, vitamin D, vitamin B12), natural and artificial flavor, cellulose gum, xanthan gum, carrageenan, salt, silicon dioxide, lecithin (from soy and/or sunflower), sucralose, acesulfame potassium, glycerol monostearate, and ProHydrolase® (proprietary/patented enzyme blend).

Contain(s): Milk, soy, tree nuts (almonds), and wheat.
 MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, FISH, AND EGG.



ChromaDex, Inc. verifies cGMP compliance to confirm that this product meets specification for Protein, Identity, Residual Solvents, Heavy Metals and Microbiota.

OUR COMMITMENT:

"YOU CAN REST ASSURED THAT WHAT IS IN THE BOTTLE MATCHES WHAT IS ON THE LABEL."

At BPI Sports we are committed to bringing you the best tasting and highest quality proteins - using only the finest ingredients, and the most precise manufacturing standards.

This, and every bottle of **WHEY HD™** was made from a natural, cold temperature, micro-filtration process, resulting in a finished product that is extremely high in protein, while retaining the important micronutrients.

Before our proteins ever leave the factory they are tested in the laboratory for accurate amounts of protein and consistency in quality. The final step is verification and a seal from ChromaDex®, an independent 3rd party laboratory, and one of the most respected names in Sports Nutrition, just to be absolutely certain that it meets the BPI Standard of Quality.

WANT TO SEE EXACTLY WHERE AND HOW THIS PROTEIN WAS MADE?



Watch the video at:
www.bpisports.com/protein



Manufactured for and Distributed By:
 BPI Sports, 3149 SW 42nd St, Suite 250 - Hollywood, FL 33012.
 To report an adverse event or for more information call: 866-626-2953. Fax: 305-988-0000.
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