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 maintaining lean muscle mass."

WAYS TO MIX



SHAKE

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

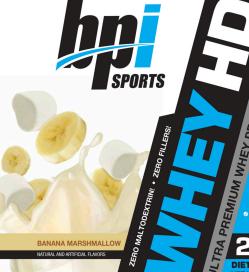


BLEND

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



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



1 SCOOP IN 5 TO 60z OF

COLD WATER IMMEDIATELY AFTER WORKOUT





PRE POST

TO BE USED IN CONJUNCTION WITH:

STRENGTH / MUSCLE **BUILDING PROGRAMS**

ChromaDe

ONUTRITION / WEIGHT LOSS PROGRAMS*





NET WT. 4.5 LBS (2,040 GRAMS)

Supplement Facts

Serving Size 1 Scoon (37 grams)

servings rei container Approx. 57		
mount 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	120 ma	50/

† 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, FD&C Yellow No. 5, 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.



OUR COMMITMENT:

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

This, and every bottle of WHEY HD™ was made from a

natural, cold temperature, micro-filtration process,

and consistency in quality. The final step is verification and a seal from ChromaDex®, an independent 3rd party

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



www.bpisports.com/protein

