



520 mm

140 mm



KEY BENEFITS

- Synergy ISO-7[®] contains a premium protein blend featuring Whey, Micellar Casein and Peptide Bonded L-Glutamine, for fast acting lean muscle growth and rebuilding.
- Synergy ISO-7[®] also delivers 5g of creatine monohydrate per serving to help provide increased performance during bouts of explosive exercise³.
- Synergy ISO-7[®] provides over 7.5g of BCAA's per serving, with over 3.5g of the vital BCAA, Leucine.
- Now utilising ground oats as the primary carbohydrate source, Synergy ISO-7[®] delivers a high-quality carbohydrate matrix, which makes it perfect for a lean muscle-building, post workout muscle repair drink.
- The versatility of Synergy ISO-7[®] means it can be used post workout to assist with lean muscle building¹ and oxidative stress² or during the day as a high protein shake.
- The complete lean-muscle building shake, Synergy ISO-7[®] tastes great and mixes effortlessly in a shaker or blender. If you are seeking lean muscle and improved performance in the gym, Synergy ISO-7[®] is your go-to PhD product.

PRODUCT INFORMATION

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. Store out of reach of children. Do not exceed the recommended daily intake. **This product is suitable for vegetarians.**

PK2542/V4

Manufactured in the UK for:
PhD Nutrition Ltd. Albion Mills, Wetherby, East Yorkshire, HU10 6DN. UK.
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Customer care line: +44 (0)1482 610020
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STORE IN A COOL DRY PLACE. FOR BEST BEFORE END DATE SEE REVERSE OF TUB.
SERVING SCOOP INCLUDED, BUT MAY HAVE SETTLED TO THE BOTTOM OF CONTAINER DURING TRANSIT.

FOR MORE INFORMATION, LOG ON TO - www.phd-supplements.com



HIGH PROTEIN LEAN MUSCLE-BUILDING FORMULA

40_G PROTEIN
7.7_G BCAAS
5_G CREATINE
8_G GLUTAMINE & GLUTAMIC ACID

MASS & STRENGTH

- Premium whey protein complex
- High quality carbohydrate matrix
- Great post-workout drink
- Complete lean muscle building formula¹
- Added creatine, zinc & Bioperine[®]



30 SERVINGS

Chocolate Orange flavour 2kg e

HIGH PROTEIN POWDER MIX | FOOD SUPPLEMENT WITH SUGAR & SWEETENER

HIGH PROTEIN LEAN MUSCLE BUILDING FORMULA

When it was released in 2007, Synergy ISO-7[®] was the first lean muscle-building, complete sports nutrition product onto the market and has been a huge favourite with athletes looking to gain lean muscle mass ever since. Synergy ISO-7[®] is a high protein lean muscle-building formula, containing Whey Protein, Micellar Casein and Peptide Bonded L Glutamine, along with 5g of creatine monohydrate per serving, to help provide increased performance during bouts of explosive exercise³. Delivering 40g of protein per serving, Synergy ISO-7[®] also provides over 7.5g of BCAA's, which in turn delivers over 3.5g of naturally-occurring Leucine (The anabolic activator), shown to help increase muscle repair and growth.

However, Synergy ISO-7[®] is not just a high-protein product, utilising ground oats as the primary carbohydrate source, Synergy ISO-7[®] delivers 17g of quality carbohydrates per serving, making it a great addition to the post-workout nutrition plan of any athlete. Consuming a high protein, moderate carbohydrate drink within 30 minutes of intense exercise is ideal to assist with the immediate muscle repair and rebuild process, allowing you to continue training hard and effectively.

Synergy ISO-7[®] also contains BioPerine[®], Magnesium (which is known to support normal protein synthesis) and zinc to help maintain the normal testosterone levels required during an intense training plan.

As well as delivering on performance and lean muscle, Synergy ISO-7[®] also delivers on taste, as usual with the PhD range of premium sports nutrition powders. Great tasting and easy to mix, Synergy ISO-7[®] is the perfect high protein lean muscle-building formula.

¹Protein contributes to a growth in, and maintenance of muscle mass. ²Zinc contributes to normal carbohydrate metabolism, normal macronutrient metabolism, normal function of the immune system, normal testosterone levels in the blood and the protection of cells from oxidative stress. ³Creatine increases physical performance in successive bursts of short-term, high intensity exercise. PhD Synergy-ISO-7[®] provides more than the 3g daily amount of creatine required to obtain the desired effect.

TRY SOMETHING DIFFERENT

PhD Synergy ISO-7[®] tastes superb, mixes easily in a shaker cup or blender and can be added to a smoothie, milk shake or poured over your favourite cereal in the morning.

DIRECTIONS FOR USE

1 serving: Add 2 scoops of powder (66g) to 300ml of ice cold water and shake or blend for 10 seconds.

TASTE TIP: If you like your protein shake slightly thicker, use 25% less water in each serving suggestion to get a thicker, fuller taste.

WHEN TO TAKE SYNERGY ISO-7[®]

For best results use 2 servings of Synergy ISO-7[®] daily. Use 1 serving within 30 minutes of completing intense exercise, followed by the 2nd serving at any other stage throughout the day.

PERIOD	TIME OF DAY
PRE-WORKOUT	MORNING
DURING-WORKOUT	AFTERNOON
POST-WORKOUT	BEFORE BED
	ANYTIME

INGREDIENTS

PhD Protein Blend (62%) (Milk Protein Concentrate (Providing 80% Micellar Casein), Whey Protein Concentrate (Milk), Hydrolysed Wheat Protein (Providing Peptide Bonded L-Glutamine), PhD Carbohydrate Blend (22%) (Ground Oats (7%), Maltodextrin, Dextrose Monohydrate), Creatine Monohydrate, Fat Reduced Cocoa Powder, Vitamin C, Magnesium Oxide, Zinc Oxide, Vitamin B6, Flavourings, Stabilisers (Xanthan Gum, Guar Gum), BioPerine[®] (Black Pepper Extract), Sweetener (Sucralose), Emulsifier (Soya Lecithin).

ALLERGY INFORMATION

For allergens, including cereals containing gluten see ingredients in **bold**. May also contain: **Egg, Nuts, Peanuts.**

NUTRITIONAL INFORMATION

Typical values (When mixed with water)	Per 100g	%RI per 100g	Per 66g serving (2 scoops)
Energy	1626kJ/ 384kcal		1073kJ/ 253kcal
Fat	3.8g		2.5g
Of which saturates	1.8g		1.2g
Carbohydrate	26g		17.2g
Of which sugars	9.7g		6.4g
Fibre	2.9g		1.9g
Protein ¹	60g		40g
Salt	0.42g		0.28g
Vitamins:			
Vitamin C	121mg	151	80mg
Vitamin B6	0.60mg	43	0.40mg
Minerals:			
Calcium	780mg	98	515mg
Phosphorus	490mg	70	323mg
Magnesium	198mg	53	131mg
Zinc	3.80mg	38	2.51mg
Also provides:			
Creatine Monohydrate	7.6g		5.0g

¹RI = Daily Reference Intake

¹Protein content calculated on the correct EU labelling directive of Nitrogen x 6.25, which provides an accurate conversion factor of protein consumed on an "as-is" basis.

TYPICAL AMINO ACID PROFILE (per 66g serving)					
L-Alanine	1490mg	L-Histidine [*]	840mg	L-Proline	3060mg
L-Arginine	1150mg	L-Isoleucine [*] (BCAA)	2070mg	L-Serine	1920mg
L-Aspartic Acid	3160mg	L-Leucine [*] (BCAA)	3560mg	L-Threonine [*]	1960mg
L-Cysteine	450mg	L-Lysine [*]	2940mg	L-Tryptophan [*]	395mg
L-Glutamic Acid/L-Glutamine	8020mg	L-Methionine [*]	880mg	L-Tyrosine	1400mg
L-Glycine	680mg	L-Phenylalanine [*]	1510mg	L-Valine [*] (BCAA)	2150mg
TOTAL BCAAS (per 66g serving)					2150mg
BCAAS (mg)					7780mg
*Essential Amino Acids (EAAs)					

Synergy ISO-7[®] is suitable for vegetarians.

THIS LINE SHOULD MEASURE 100MM WHEN OUTPUT AT 100%

N.B. THIS PROOF IS NOT ACCURATE FOR COLOUR, ALL SPOT COLOURS WILL BE MATCHED TO THE PANTONE REFERENCE BOOK. THE PROCESS ELEMENTS, IF ANY, WILL BE MATCHED TO THE APPROVED CONTRACT PROOF TO WITHIN A COMMERCIAL TOLERANCE.

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