

THE NEXT LEVEL OF NUTRITION

PHD Pharma Whey® HT+ is one of Europe's favourite Whey Protein products and a staple in the nutrition of many professional athletes. It is made from the highest quality whey protein to build and repair muscle during a period of intense weight training or exercise. Supplying an intelligence-driven Whey Protein complex providing Whey Protein isolate, Hydrolysed Whey Protein and Whey Protein Concentrate, Pharma Whey® HT+ delivers a high-protein hit that delivers serious results as well as providing the usual industry-leading PHD taste.

Providing premium quality and credible product development is our absolute focus and this is shown throughout our fantastic range of high-protein products. Pharma Whey® HT+ being no exception. Formulated with Whey Protein from grass-fed cows milk, Pharma Whey® HT+ has long been an industry leader in both quality and taste, combining the three premium Whey Protein sources to create the perfect anytime Whey Protein product. Pharma Whey® HT+ contains over 4g of Branched Chain Amino Acids per 25g serving and 3g L-Glutamine. Due to the importance of the Branched Chain Amino Acids, we have added extra PeptiForm® (peptide bonded) L-Leucine, ensuring that Pharma Whey® HT+ delivers an even more superior, high protein formula to aid in the muscle building process.

DIRECTIONS FOR USE

1 serving: Add 1 scoop of powder (25g) to 200ml of ice cold water and shake or blend for 10 seconds.
1 super serving: Add 2 scoops of powder (50g) to 400ml of ice cold water and shake or blend for 10 seconds.

TASTE TIP: High protein food supplements such as Pharma Whey® HT+ are tremendously versatile and it makes sense to add variety to your nutritional plan. Why not stir 1 scoop of Pharma Whey® HT+ into 250ml of Greek or natural yogurt for a creamy protein-packed dessert?

WHEN TO TAKE PHARMA WHEY® HT+

For best results, use 2 servings of Pharma Whey® HT+ daily, like between meals, or with meals, to ensure the day to help in the muscle building and re-building process, during periods of intense exercise.

WHEN TO TAKE PHARMA WHEY® HT+

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

INGREDIENTS (STRAWBERRY CREAM, VANILLA CRÈME & BANANA FLAVOURS)

Whey Protein Concentrate (Milk), Whey Protein Isolate (Milk), Flavourings, Hydrolysed Whey Protein Isolate (Milk), Stabilisers (Xanthan Gum, Guar Gum), Colour (Curcumin) (Banana Flavour Only) (Betaotrol Red) (Strawberry Crème Flavour Only), Acidity Regulator (Citric Acid) (Strawberry Crème Flavour Only), Emulsifier (Sunflower Lecithin), Sweetener (Sucralose).

NUTRITIONAL INFORMATION (STRAWBERRY CREAM, VANILLA CRÈME & BANANA FLAVOURS)

Typical values (when mixed with water)	Per 100g	%RI* per 100g	Per 25g serving (1 scoop)	Per 50g serving (2 scoops)
Energy	1672kJ / 392kcal	418kJ / 99kcal	418kJ / 99kcal	836kJ / 198kcal
Fat	5.9g	1.4g	1.4g	2.8g
Of which saturates	4.1g	1.0g	1.0g	2.0g
Carbohydrate	9.5g	2.4g	2.4g	4.8g
Of which sugars	6.8g	1.7g	1.7g	3.4g
Fibre	0.56g	0.14g	0.14g	0.28g
Protein	76.0g	19.0g	19.0g	38.0g
Salt	0.24g	0.06g	0.06g	0.12g
Vitamins & Minerals:				
Vitamin B12	8.1g	320	2.01g	4.01g
Potassium	500mg	25	125mg	250mg
Calcium	460mg	58	115mg	230mg
Phosphorus	273mg	39	68mg	136mg
Selenium	38µg	69	9.5µg	19µg

INGREDIENTS (CHOCOLATE COOKIE, CHOCOLATE ORANGE, CHOCOLATE MINT & CHOCOLATE PEANUT FLAVOURS)

Whey Protein Concentrate (Milk), Reduced Fat Cocoa Powder, Whey Protein Isolate (Milk), Flavourings, Hydrolysed Whey Protein Isolate (Milk), PepForm® Leucine Peptides (Milk), Stabilisers (Xanthan Gum, Guar Gum), Emulsifier (Sunflower Lecithin), Sweetener (Sucralose).

NUTRITIONAL INFORMATION (CHOCOLATE COOKIE, CHOCOLATE ORANGE, CHOCOLATE MINT & CHOCOLATE PEANUT FLAVOURS)

Typical values (when mixed with water)	Per 100g	%RI* per 100g	Per 25g serving (1 scoop)	Per 50g serving (2 scoops)
Energy	1658kJ / 392kcal	414kJ / 98kcal	414kJ / 98kcal	828kJ / 196kcal
Fat	6.0g	1.5g	1.5g	3.0g
Of which saturates	4.2g	1.1g	1.1g	2.2g
Carbohydrate	9.5g	2.4g	2.4g	4.8g
Of which sugars	6.7g	1.7g	1.7g	3.4g
Fibre	1.93g	0.48g	0.48g	0.96g
Protein	74.0g	18.5g	18.5g	37.0g
Salt	0.24g	0.06g	0.06g	0.12g
Vitamins & Minerals:				
Vitamin B12	8.1g	320	2.01g	4.01g
Potassium	500mg	25	125mg	250mg
Calcium	470mg	58	117mg	234mg
Phosphorus	273mg	39	68mg	136mg
Selenium	38µg	69	9.5µg	19µg

INGREDIENTS (STRAWBERRY CREAM, VANILLA CRÈME & BANANA FLAVOURS)

PHD Nutrition Ltd, Alden Mills, Wetherby, East Yorkshire, HU10 6DN, UK. PHD is a registered trademark of PHD Nutrition Ltd. Pharma Whey® HT+ is registered trademark of PHD Nutrition Ltd. Customer care line: +44 01482 690020 PHD Nutrition is an ISO 9001 registered company.

Recycle your product responsibly.

TYPICAL AMINO ACID PROFILE (per 25g serving)

L-Alanine	324mg	L-Tyrosine*	177mg
L-Arginine	510mg	L-Methionine*	37mg
L-Aspartic Acid	1950mg	L-Phenylalanine*	58mg
L-Cysteine	445mg	L-Proline	122mg
L-Glutamic Acid/L-Glutamine	3256mg	L-Serine	87mg
L-Glycine	357mg	L-Threonine*	87mg
L-Histidine*	272mg	L-Tryptophan*	308mg
L-Isoleucine* (BCAA)	183mg	L-Tyrosine	530mg
L-Leucine* (BCAA)	1960mg	L-Valine* (BCAA)	147mg
TOTAL BCAAs (per 25g serving)			
BCAAs*	1960mg		4290mg

*Essential Amino Acids (EAAs)

Protein contributes to a growth in, and maintenance of muscle mass.

*Protein content based on Pharma Whey® HT+ Vanilla Crème, Strawberry Crème and Banana flavours.

Manufactured in the UK for:

PHD Nutrition Ltd,
Alden Mills, Wetherby, East Yorkshire, HU10 6DN, UK.
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Best before end date & batch code:

9120/EA/14HM/D806

SERVING SCOOP INCLUDED, BUT MAY HAVE SETTLED TO THE BOTTOM OF POUCH DURING TRANSIT. STORE IN A COOL DRY PLACE.

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908g e

HIGH PROTEIN POWDER MIX, FOOD SUPPLEMENT WITH SWEETENER

PLATINUM STANDARD QUALITY

ANY TIME

36 SERVINGS

40mm

27.5mm

290mm

Black 20%

Black 50%

50mm

100mm

680mm

Black 45%

100% P 877C (Silver)

40mm

27.5mm

290mm

Black 20%

Black 45%

P 877C (Silver) percentage (screen) changed into black percentage (screen).