



PhD IS ABOUT MAKING THE DIFFERENCE

We don't just deliver sports nutrition, we deliver performance nutrition that inspires and enables you to achieve your performance driven goals.

From the very beginning in 2005, we have delivered clean and honest products designed to make the difference to your performance. PhD have always believed that quality performance nutrition is the final piece in the jigsaw that closes the circle of preparation and completes your ability to drive towards your goals. Quality nutrition in the form of solid food is always the number one requirement towards a successful performance plan, whether this is in the gym for a new PB, on the track, in the saddle or on the pitch. Undeniably linked with great nutrition comes hard work. Nobody achieved anything without hard work. Back in 2005 sports nutrition was full of disingenuous products from the USA, marketed with ridiculous claims, "Gain 10lbs in 2 weeks", "Lose 10lbs in 2 weeks" and the PhD founders were tired of reading the rubbish. The necessity for honesty and a genuine message is why PhD was born. It was born out of a need. No one believes that a protein powder is going to add 10lbs of muscle in 2 weeks and if you do, you need a reality check, because you are going to be disappointed.

So after we accept that back breaking, gut wrenching hard work is a pre-requisite of success, that 5am starts are going to be the norm, not the exception and that we need great food to help feed our bodies with enough calories to sustain the hard work, we then get to look at the difference PhD can make and where genuine performance nutrition has its undeniable place.

I've heard it before, "I can do all this with food", "I don't need protein powders, or bars".

My answer has always been the same and it is becoming more and more applicable as modern life adapts even more so to daily regimes and responsibilities. Try eating chicken & rice after a 60 minute weights session, try getting the same energy and performance spike before training from a piece of fruit as you can from a great pre-workout energiser, try replicating the slow release effects of a great Micellar Casein-based powder before bed and try find a food source as bio-available and as assimilated as quickly as whey protein. How about finding a great tasting snack that delivers 25 grams of protein with only 1 gram of sugar when you're on the way to catch a train, have 5 minutes spare and can't afford to ruin your macros for the day. Try finding an alkalising plant based protein food source that tastes great, delivers a big protein hit without the sugars you get from a basic juice drink or one of the many bottled greens drinks you find in the chiller (those that you know are just sugar, in the same way as you know squeezed fruit juice is sugar). You can't do any of the above and make it fit into your performance driven lifestyle and that's where performance nutrition from PhD makes the difference. When everything else is on point, you work hard in the gym, your mind is already in performance-mode and you are driven to achieve, that's when the last 15% of your plan delivers the vital results.




PhD deliver the vital ingredients to enable you to hit your performance driven goals.

Jason Rickaby
CEO and Founder

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THE DIFFE RENCE

01.

POW DERS

VERSATILE PROTEIN



SMART PROTEIN[™] DELICIOUSLY VERSATILE PROTEIN POWDER

Smart Protein[™] is a new deliciously versatile protein powder that can be used in all sorts of ways; You can bake with it, include it in indulgent, home-made desserts, whip it into a tasty macro-friendly mousse or simply drink it.

Smart Protein[™] not only surpasses all taste expectations but also packs 19g protein per serving & is exceptionally low in sugar containing less than 1 gram per 30g serving.

SIZE OPTIONS: 900G

FLAVOUR OPTIONS: CHOCOLATE BROWNIE, LEMON DRIZZLE CAKE, PEANUT BUTTER CUP, SALTED CARAMEL

PER 30G SERVING: P 18G F 2.5G C 4.1G S 0.6G



WHEY PROTEIN



V

PHARMA WHEY® HT+

TRIPLE WHEY PROTEIN COMPLEX TO AID MUSCLE GROWTH
ADDED HYDROLYSED WHEY PROTEIN ISOLATE
ADDED PEPTIDE BONDED L-LEUCINE
HIGH IN ESSENTIAL BRANCHED CHAIN AMINO ACIDS

SIZE OPTIONS: 908G, 2.25KG, 3.5KG

FLAVOUR OPTIONS: BANANA, CHOCOLATE COOKIE, CHOCOLATE MINT, CHOCOLATE ORANGE, CHOCOLATE PEANUT, COOKIES & CREAM, STRAWBERRY CRÈME, TIRAMISU, VANILLA CRÈME

PER 25G SERVING*: P 18.5G F 1.5G C 2.4G S 1.7G

NIGHT TIME PROTEIN



V

GF

MICELLAR CASEIN+

CONTAINS MICELLE XL™ - A UK FIRST INGREDIENT INNOVATION
UP TO 75% PROTEIN & 8.8G AMINO ACIDS PER SERVING
FAT FREE AND LOW IN SUGAR
PREMIUM SLOW-RELEASE FORMULA

SIZE OPTIONS: 900G

FLAVOUR OPTIONS: CHOCOLATE COOKIE, STRAWBERRY DELIGHT, VANILLA CRÈME

PER 30G SERVING*: P 21.7G F 0.7G C 2.6G S 1.4G



ALL-IN-ONE PROTEIN



V

SYNERGY ISO-7®

LEAN MUSCLE BUILDING ALL-IN-ONE PROTEIN POWDER
40G PROTEIN PER SERVING
PERFECT FOR A POST EXERCISE LEAN MUSCLE REBUILD DRINK
ADDED PEPTIDE BONDED LEUCINE, CREATINE AND BIOPERINE®

SIZE OPTIONS: 2KG

FLAVOUR OPTIONS: BANANA, CHOCOLATE MINT, CHOCOLATE ORANGE, CHOCOLATE PEANUT, DOUBLE CHOCOLATE, STRAWBERRY DELIGHT, VANILLA CRÈME

PER 66G SERVING*: P 40G F 2.2G C 17G S 6.5G

HIGH PROTEIN LEAN MATRIX



V

DIET WHEY

ONE OF THE UK'S BEST SELLING DIET PROTEINS
LOW IN FAT, SUGAR & SALT
CONTAINS CLA, L-CARNITINE & GREEN TEA EXTRACT
MARKET LEADING TASTE & TEXTURE

SIZE OPTIONS: 500G, 1KG, 2KG

FLAVOUR OPTIONS: BANANA, BELGIAN CHOCOLATE, CHERRY BAKEWELL, CHOCOLATE MINT, CHOCOLATE ORANGE, CHOCOLATE PEANUT, SALTED CARAMEL, STRAWBERRY DELIGHT, VANILLA CRÈME, WHITE CHOCOLATE & RASPBERRY, WHITE CHOCOLATE DELUXE

PER 25G SERVING*: P 17G F 1.4G C 2.8G S 1.3G



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VEGETARIAN

VE

VEGAN

DF

DAIRY FREE

GF

GLUTEN FREE

SF

SOYA FREE

* Flavours may vary

HIGH CALORIE MASS GAINER



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ADVANCED MASS

HIGH CALORIE MASS GAINER FOR SERIOUS HARD GAINERS
50G PROTEIN AND OVER 1100 CALORIES PER SERVING
MICELLAR CASEIN, WHEY ISOLATE & WHOLE EGG PROTEINS
COMPLEX CARBS FROM OATS AND WAXY MAIZE STARCH

SIZE OPTIONS: 2.7KG, 5.4KG

FLAVOUR OPTIONS: CHOCOLATE FUDGE BROWNIE, CHOCOLATE PEANUT BUTTER, LUXURY VANILLA, STRAWBERRIES & CREAM

PER 300G SERVING*: P 50G F 17.7G C 188.4G S 6.3G

LEAN MASS GAINER



V

GROWTH FACTOR MASS™

57G PROTEIN & 77G CARBS PER SERVING
DUAL CREATINE BLEND TO HELP IMPROVE PERFORMANCE
2.25G ADDED LEUCINE PER SERVING
FORMULATED WITH BETA ALANINE, HMB, ZINC & D-ASPARTIC ACID

SIZE OPTIONS: 2.1KG, 4.05KG

FLAVOUR OPTIONS: BANANA, CHOCOLATE COOKIE, STRAWBERRY DELIGHT

PER 150G SERVING*: P 56.6G F 3G C 77G S 12.3G

ELECTROLYTE BLEND



V

BATTERY +/3™

MULTI-STAGE CARBOHYDRATE SUPPORT FORMULA FORMULATED WITH ELECTROLYTES
ADDED BCAA'S & L-GLUTAMINE
CAN BE USED PRE, INTRA & POST-EXERCISE

SIZE OPTIONS: 1KG

FLAVOUR OPTIONS: ORANGE & MANGO

PER 40G SERVING: P 1G F 0.2G C 34G S 26G

POST-WORKOUT



V

RECOVERY 2:1™

23G PROTEIN PER SERVING AND 46G CARBS
CONTAINS WHEY PROTEIN ISOLATE, VITAMIN C AND MAGNESIUM
4G CREATINE® PER SERVING WITH ADDED GLUTAMINE & BCAA'S
VITAMIN C TO HELPS REDUCE TIREDNESS AND FATIGUE

SIZE OPTIONS: 1.28KG

FLAVOUR OPTIONS: BERRY BLAST, ORANGE & MANGO

PER 80G SERVING*: P 23G F 0.96G C 46.1G S 21.4G

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VEGETARIAN

VE

VEGAN

DF

DAIRY FREE

GF

GLUTEN FREE

SF

SOYA FREE

* Flavours may vary

LOW IN LACTOSE



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WHEY ISOLATE

FAST ACTING WHEY PROTEIN ISOLATE
LOW IN SUGAR
5.5G BCAA'S PER SERVING
PUREST FORM OF WHEY PROTEIN

SIZE OPTIONS: 908G

FLAVOUR OPTIONS: CHOCOLATE COOKIE,
CHOCOLATE ORANGE, STRAWBERRY DELIGHT,
VANILLA CRÈME

PER 30G SERVING*: P 24.6G F 0.45G C 1.35G S 0.59G

FAT METABOLISING



V

PRE-WKT BURN

INCREASE YOUR FAT BURNING ABILITY
GREAT FOR MEN AND WOMEN TRAINING UPON
WAKING
HIGH STRENGTH FORMULA CONTAINING CAFFEINE
AND TEACRINE®
PERFECT FOR FOCUS, ENERGY AND FAT LOSS

SIZE OPTIONS: 200G

FLAVOUR OPTIONS: FRUIT PUNCH, PINK GRAPEFRUIT

TEACRINE®

“PhD GIVES ME THE
SUPPLEMENTATION
I NEED TO GET
100% OUT OF MY
BODY”

V

VEGETARIAN

VE

VEGAN

DF

DAIRY FREE

GF

GLUTEN FREE

SF

SOYA FREE

* Flavours may vary

MUSCLE GROWTH



PRE-WKT PUMP

STIMULANT FREE PRE WORKOUT FOR OPTIMUM MUSCLE PUMPS
CONTAINS FULLY DOSED LEVELS OF ARGININE AND BETAINE
ESSENTIAL FOR BODY BUILDERS SEEKING MUSCLE GROWTH
CONTAINS OXYSTORM® AND NORVALINE

SIZE OPTIONS: 200G

FLAVOUR OPTIONS: FRUIT PUNCH, RASPBERRY LEMONADE

OXYSTORM®

V

POWER YOUR PERFORMANCE



PRE-WKT PERFORM

PRE-WORKOUT DESIGNED TO MAXIMISE PERFORMANCE
UNLOCKING THE POWER OF ADAPTOGENS WITH PEAK O2™
ESSENTIAL FOR FUNCTIONAL PERFORMANCE ATHLETES
RESEARCH PROVEN LEVELS OF CREATINE AND BETA ALANINE

SIZE OPTIONS: 200G

FLAVOUR OPTIONS: FRUIT PUNCH, SOUR APPLE

PEAK O₂™

V

ANYTIME ENERGY



AMINO DRIVE®

GREAT TASTING ANYTIME ENERGY DRINK
CONTAINS ALL 9 ESSENTIAL AMINO ACIDS
LOW IN SUGAR, LESS THAN 1G PER SERVING
CAFFEINE FOR IMPROVED FOCUS

SIZE OPTIONS: 300G

FLAVOUR OPTIONS: CAFÉ LATTE, FRUIT PUNCH, PINEAPPLE & COCONUT, SOUR APPLE

PER 10G SERVING*: P 8.9G F 2.2G C 0.76G S 0.26G

V

INTRA-WORKOUT



INTRA BCAA+

HYDRATING INTRA-WORKOUT BCAA DRINK WITH COCONUT WATER
4:1:1 BCAA RATIO PROVIDING VITAL INTRA-WORK-OUT PROTEIN
AMAZING REFRESHING TASTE
USE DURING ANY INTENSE EXERCISE

SIZE OPTIONS: 450G

FLAVOUR OPTIONS: COCONUT & LIME, COCONUT & MANGO, FRUIT PUNCH, WATERMELON

PER 15G SERVING*: P 9.7G F 0.2G C 4.5G S 1G

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GF

V

VEGETARIAN

VE

VEGAN

DF

DAIRY FREE

GF

GLUTEN FREE

SF

SOYA FREE

* Flavours may vary

RESEARCH PROVEN



CREATINE MONOHYDRATE

PROVEN TO INCREASE PHYSICAL PERFORMANCE
INSTANT MIX POWDER
IDEAL FOR STRENGTH & POWER ATHLETES
CAN BE ADDED TO YOUR PROTEIN SHAKE

SIZE OPTIONS: 250G, 550G

FLAVOUR OPTIONS: UNFLAVOURED



PRE OR POST EXERCISE



BETA ALANINE

PHARMACEUTICAL GRADE AND EASY MIX POWDER
GREAT ADDITION TO A MUSCLE BUILDING OR
INCREASE EXERCISE PERFORMANCE
CAN BE ADDED TO PROTEIN POWDER OR PRE/
INTRA/POST EXERCISE SHAKES
CAN INCREASE EXERCISE CAPACITY

SIZE OPTIONS: 300G



02.

ON THE GO

PROTEIN LIFESTYLE



SMART BAR™

DELICIOUS HIGH PROTEIN, LOW SUGAR SNACK

In addition to having unsurpassable taste and texture, Smart Bar™ is highly convenient yet also macro-friendly.

Smart Bar™ delivers 20g of quality protein and less than 2.1g sugar (depending on flavour). In addition to this, Smart Bar™ is palm oil free.

With the Smart Bar™ being a grab and go snack, you can enjoy this bar anywhere at any time!

SIZE OPTIONS: 64G, 12x64G

FLAVOUR OPTIONS: CARAMEL CRUNCH, CHOC PEANUT BUTTER, CHOCOLATE BROWNIE, COOKIES & CREAM, DARK CHOC RASPBERRY, WHITE CHOC BLONDIE

PER 64G BAR*: P 20G F 11G C 23G S 0.6G

V

OVEN BAKED



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SMARTJACK™

15G PROTEIN
UNDER 230 CALORIES PER BAR
OVEN BAKED
3 DELICIOUS FLAVOURS

SIZE OPTIONS: 60G, 12x60G

FLAVOUR OPTIONS: BLUEBERRY MUFFIN, CHOCOLATE PEANUT, TRIPLE CHOCOLATE

PER 60G BAR*: P 15G F 7.6G C 27G S 8.9G

MACRO CONSCIOUS



V

DIET WHEY BAR

DELICIOUS HIGH PROTEIN, LOW SUGAR BAR
CONTAINS A CARAMEL LAYER AND AN INDULGENT SOFT CENTRE
HIGH IN FIBRE AND LESS THAN 200 CALORIES
ADDED L-CARNITINE

SIZE OPTIONS: 65G, 12x65G

FLAVOUR OPTIONS: CHOC PEANUT BUTTER, DARK CHOC MOCHA, DOUBLE CHOC BROWNIE, SALTED CARAMEL, TRIPLE CHOC COOKIE

PER 65G BAR*: P 20G F 5.2G C 19G S 1.4G

V

VEGETARIAN

VE

VEGAN

DF

DAIRY FREE

GF

GLUTEN FREE

SF

SOYA FREE

* Flavours may vary

30G PROTEIN



PHARMA WHEY® HT+

30G PROTEIN TO AID MUSCLE GROWTH
GREAT TASTING AND ONLY 3G SUGAR
HIGH IN FIBRE AND GREAT MACRO PROFILE

SIZE OPTIONS: 75G, 12x75G

FLAVOUR OPTIONS: CHOCOLATE PEANUT,
COOKIES & CREAM, DOUBLE CHOCOLATE

PER 75G BAR*: P 30G F 6.2G C 19G S 3G

HIGH PROTEIN



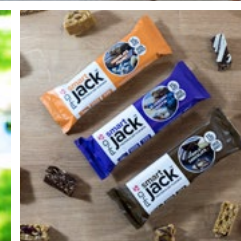
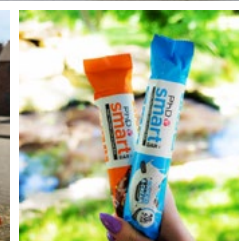
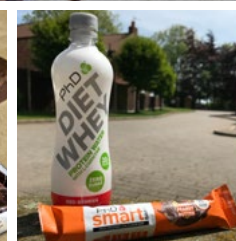
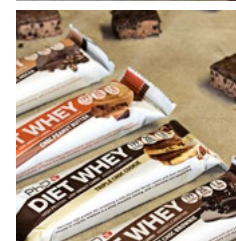
PROTEIN FLAPJACK+

19G PROTEIN PER FLAPJACK TO HELP BUILD LEAN MUSCLE
LOW IN SUGAR - ONLY 2G PER FLAPJACK
OAT BLEND FOR A GREAT SOURCE OF COMPLEX CARBOHYDRATES
GREAT AS A PRE-WORKOUT, HIGH PROTEIN SNACK

SIZE OPTIONS: 75G, 12x75G

FLAVOUR OPTIONS: APPLE & RASPBERRY,
FOREST BERRIES, PEANUT BUTTER

PER 75G BAR*: P 19G F 6.6G C 37G S 2G



* Flavours may vary

50% PROTEIN



GROWTH FACTOR 50™

50G PROTEIN PER DELICIOUS BAR
DESIGNED FOR HARD GAINERS
PERFECT FOR THE BULK PHASE OF YOUR
NUTRITIONAL PLAN

SIZE OPTIONS: 100G, 12x100G

FLAVOUR OPTIONS: CHOCOLATE ORANGE,
DOUBLE CHOCOLATE

PER 100G BAR*: P 50G F 11.5G C 24G S 8G

UP TO 60G OF CARBS



ADVANCED MASS FLAPJACK

UP TO 60G OF CARBS, MAINLY DERIVED FROM
OATS
ALMOST 500 CALORIES PER FLAPJACK
ZINC TO MAINTAIN HEALTHY TESTOSTERONE
LEVELS
MAGNESIUM TO SUPPORT PROTEIN SYNTHESIS

SIZE OPTIONS: 120G, 12x120G

FLAVOUR OPTIONS: CHOCOLATE PEANUT,
DOUBLE CHOCOLATE

PER 120G BAR*: P 30G F 13G C 58G S 9.5G

DELICIOUS BAKED TASTE



PRO OAT COOKIE™

32G PROTEIN PER COOKIE TO HELP SUPPORT
MUSCLE GROWTH
OAT BLEND FOR A GREAT SOURCE OF COMPLEX
CARBS
DELICIOUS BAKED TASTE & TEXTURE
IDEAL AS A HIGH PROTEIN SNACK

SIZE OPTIONS: 75G, 12x75G

FLAVOUR OPTIONS: BERRY & ALMOND, BLACK FOREST

PER 75G COOKIE*: P 32G F 9G C 25.5G S 7.7G

LESS THAN 200 KCAL



DIET COOKIE

22G PROTEIN PER BAKED COOKIE
LESS THAN 200 CALORIES
CONTAINS CLA, L-CARNITINE & GREEN TEA
EXTRACT
IDEAL AS PART OF A WEIGHT MANAGEMENT PLAN

SIZE OPTIONS: 50G, 12x50G

FLAVOUR OPTIONS: BLUEBERRY & WHITE CHOCOLATE,
CHOCOLATE ORANGE, LEMON & WHITE CHOCOLATE

PER 50G COOKIE*: P 22G F 4.6G C 16.8G S 3.2G

GREAT TASTING RTD



DIET WHEY RTD

DELICIOUS READY TO DRINK HIGH PROTEIN SHAKE
FAT FREE & LESS THAN 160 CALORIES PER BOTTLE
FORMULATED WITH L-CARNITINE & GREEN TEA
EXTRACT

IDEAL FOR WHEN YOU'RE ON-THE-GO

SIZE OPTIONS: 330ML, 8x330ML

FLAVOUR OPTIONS: STRAWBERRY DELIGHT

PER 330ML SERVING: P 27G F 1.3G C 9.6G S 8.9G



REFRESHING TASTE



DIET WHEY PROTEIN WATER

20G PROTEIN PER 500ML BOTTLE
100% OF YOUR DAILY INTAKE OF VITAMINS B₆ AND
B₁₂
HELPS REDUCE TIREDNESS & FATIGUE
GREAT TASTING & SUGAR FREE

SIZE OPTIONS: 500ML, 8x500ML

FLAVOUR OPTIONS: ORANGE & MANGO, RED BERRIES

PER 500ML SERVING: P 20G F 0.05G C 0.5G S 0.15G



03.

CAP SUL ES

COMPREHENSIVE FORMULA



GF

ADVANCED MULTI-NUTRIENT

OVER 60 ACTIVE INGREDIENTS
INCLUDING OVER 20 VITAMINS & MINERALS
DESIGNED TO SUPPORT THE HEALTH OF ATHLETES
IDEAL FOR ANYONE PARTAKING IN REGULAR
EXERCISE

SIZE OPTIONS: 90 TABLETS

WEIGHT MANAGEMENT



V

VE

GF

LEAN DEGREE® MAXIMUM STRENGTH

POTENT DAY TIME BODY SCULPT FORMULATION
HIGH CAFFEINE CONTENT
CONTAINS GREEN COFFEE BEAN EXTRACT
ALSO CONTAINS BLACK PEPPER & CAYENNE
PEPPER EXTRACTS

SIZE OPTIONS: 100 CAPSULES

PATENTED ZMA®



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VE

GF

ZMA®

ZINC TO HELP SUPPORT TESTOSTERONE LEVELS
VITAMIN B6 TO HELP REDUCE FATIGUE
ALL NATURAL FORMULA
AID IN EFFICIENT ENERGY METABOLISM

SIZE OPTIONS: 45, 90 CAPSULES

STIMULANT FREE



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VE

GF

LEAN DEGREE® STIMULANT FREE

STIM FREE FORMULA SUITABLE FOR EVENING USE
VITAMIN B5 TO HELP REDUCE TIREDNESS &
FATIGUE
CONTAINS L-CARNITINE & ALPHA LIPOIC ACID
IDEAL FOR PEOPLE SENSITIVE TO CAFFEINE

SIZE OPTIONS: 90 CAPSULES

V

VEGETARIAN

VE

VEGAN

DF

DAIRY FREE

GF

GLUTEN FREE

SF

SOYA FREE

TEST BOOSTER



V

TEST MATRIX™

POTENT TESTOSTERONE SUPPORT FOR MALE'S ONLY
CONTAINS FENUGREEK EXTRACT & D-ASPARTIC ACID
ALSO INCLUDES A PRECISION MICRO-NUTRIENT MATRIX
FOR BODY BUILDERS & STRENGTH ATHLETES

SIZE OPTIONS: 120 CAPSULES

WEIGHT MANAGEMENT



GF

CLA

HIGH QUALITY CONJUGATED LINOLEIC ACID
IDEAL AS PART OF A WEIGHT MANAGEMENT PLAN
NATURALLY SOURCED
CONVENIENT SOFTGEL CAPSULE FORMAT

SIZE OPTIONS: 45, 90 CAPSULES

KEY BCAA



GF

L-LEUCINE

PREMIUM QUALITY L-LEUCINE
ONE OF THE KEY BRANCHED CHAIN AMINO ACIDS
IDEAL FOR USE PRE & POST-EXERCISE
EASY TO CONSUME CAPSULE FORMAT

SIZE OPTIONS: 90 CAPSULES

PREMIUM BCAA



L-GLUTAMINE

PURE MICRONIZED GRADE
AN IMPORTANT AMINO ACID FOR ATHLETES
600MG L-GLUTAMINE PER SERVING
CONVENIENT TABLET FORMAT

SIZE OPTIONS: 120 TABLETS

V

VEGETARIAN

VE

VEGAN

DF

DAIRY FREE

GF

GLUTEN FREE

SF

SOYA FREE

WEIGHT MANAGEMENT



L-CARNITINE

1500MG L-CARNITINE PER SERVING
FOR USE WITH A WEIGHT LOSS DIET & EXERCISE
PLAN
CAN ALSO BE USED POST WORKOUT
CONVENIENT TABLET FORMAT

SIZE OPTIONS: 90 TABLETS

PREMIUM QUALITY



CREAPURE®

THE BEST QUALITY CREATINE AVAILABLE
CONVENIENT CAPSULE FORMAT
HELP IMPROVE YOUR EXPLOSIVE STRENGTH
PROVEN TO INCREASE PHYSICAL PERFORMANCE*

SIZE OPTIONS: 90 CAPSULES



*Creatine increases physical performance in successive bursts of short term, high intensity exercise. This beneficial effect is obtained with a daily intake of 3g of creatine.



PRE OR POST EXERCISE



GF

SF

BETA ALANINE

11:1 RATIO OF BETA ALANINE AND L-HISTIDINE
GREAT PRE OR POST WORKOUT
SUITABLE FOR ALL ATHLETES
CONVENIENT CAPSULE FORMAT

SIZE OPTIONS: 90 CAPSULES

HEALTHY HEART



GF

SF

OMEGA-3

KEY ADDITION TO ANY NUTRITIONAL PLAN
HELPS MAINTAIN HEALTHY BRAIN & HEART
FUNCTION*
550MG OF DHA AND EPA
EXTRA HIGH STRENGTH FORMULA

SIZE OPTIONS: 90 SOFTGELS

*EPA/DHA contribute to the normal function of the heart, this beneficial effect is obtained with a daily intake of 250mg of DHA and EPA.

*DHA contributes to the maintenance of normal brain function, this beneficial effect is obtained with a daily intake of 250mg of DHA.

8 AMINO ACIDS



AMINO SUPPORT

CONTAINS 8 ESSENTIAL AMINO ACIDS
INCLUDES L-LEUCINE, L-ISOLEUCINE & L-VALINE
CONTAINS VITAMIN B6 WHICH SUPPORTS PROTEIN
METABOLISM
VITAMIN B6 ALSO HELPS REDUCE TIREDNESS &
FATIGUE

SIZE OPTIONS: 180 TABLETS

2:1:1 RATIO



BCAA'S

CRITICAL CLUSTER OF AMINO ACIDS FOR SERIOUS
TRAINERS
CONTAINING LEUCINE, ISO-LEUCINE AND VALINE
PRECISE 2:1:1 RATIO
CONVENIENT CAPSULE FORMAT

SIZE OPTIONS: 195 CAPSULES

V

VEGETARIAN

VE

VEGAN

DF

DAIRY FREE

GF

GLUTEN FREE

SF

SOYA FREE

HIGHLY EFFECTIVE



SINETROL[®]+

FAT SHREDDING TECHNOLOGY™
RESEARCH DRIVEN WEIGHT MANAGEMENT
FORMULA
CONTAINS MATCHA GREEN TEA
BLEND OF BIOACTIVE POLYPHENOLS

SIZE OPTIONS: 60 CAPSULES



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VE

SF

JOINT HEALTH



REINFORCE

HELPS MAINTAIN HEALTHY CARTILAGE FUNCTION*
CONTAINS HYALURONIC ACID AND MSM
HELPS SUPPORT COLLAGEN FORMATION*

SIZE OPTIONS: 90 CAPSULES

GF

*Vitamin C contributes to normal collagen formation for the normal function of cartilage.

04.

NATURAL

V

VEGETARIAN

VE

VEGAN

DF

DAIRY FREE

GF

GLUTEN FREE

SF

SOYA FREE

SUPERFOOD BLEND



PROTEIN SUPERFOOD

PLANT PROTEIN POWDER WITH WHOLEFOODS,
GREENS AND FRUITS
CONTAINS YERBA MATE AND MATCHA TEA
POWDERS
GOJI, ACAI, BAOBAB & POMEGRANATE POWDERS
28G PROTEIN PER 50G SERVING

SIZE OPTIONS: 500G

FLAVOUR OPTIONS: BANANA, CHOCOLATE,
SUPER BERRIES

PER 25G SERVING*: P 14.5G F 1.5G C 5.9G S 0.9G



NATURAL PERFORMANCE



PERFORMANCE GREENS

NATURAL PERFORMANCE FUEL
CONTAINS OXXYNEA®- BIOACTIVE POLYPHENOL
SUPPORT
NATURALLY FLAVOURED AND SWEETENED

SIZE OPTIONS: 165G

FLAVOUR OPTIONS: UNFLAVOURED

PER 11G SERVING: P 3.3G F 0.11G C 3.3G S 0.7G



NATURAL PROTEIN



NATURAL WHEY

PREMIUM GRASS FED NATURAL WHEY PROTEIN
FREE FROM GLUTEN AND SOYA
NATURALLY FLAVOURED AND SWEETENED
OVER 4G OF BCAA'S PER SERVING

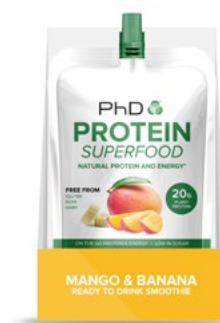
SIZE OPTIONS: 500G

FLAVOUR OPTIONS: CHOCOLATE, STRAWBERRY,
VANILLA ALMOND

PER 25G SERVING*: P 18G F 1.6G C 2.6G S 1.7G



ON-THE-GO



PROTEIN SUPERFOOD SQUEEZY

NATURAL PROTEIN AND ENERGY
LOW IN SUGAR
NATURALLY FLAVOURED AND SWEETENED

SIZE OPTIONS: 130G, 8x130G

FLAVOUR OPTIONS: MANGO & BANANA

PER 130G SERVING: P 20.1G F 7.7G C 5.5G S 5.2G



#THE SMART CHOICE



WWW.PHD-SUPPLEMENTS.COM