



HAMMER PHOOD

Meal Replacement Drink Mix

- Hunger satisfying
- Reduces cravings
- Supports weight loss
- Doctor Recommended



WHAT IS IT

Hammer PHOOD, is a high protein, high fat, low carb, minimal ingredient powdered drink that truly fits the definition of a healthy meal replacement product.

BENEFITS

The rich, high protein/fat formula provides satiety for hours and gives your furnace an excellent slow burning fuel. Hammer PHOOD can be an effective tool for you to protect against muscle cannibalization an ever-present concern for aging Ectomorphs.

HOW TO USE

Mix 2 scoops with 295ml-475ml of water.

WHEN TO USE

Hammer Phood is an excellent source of premium protein and healthy plant based fats when used as a meal replacement.



www.hammernutrition.co.za