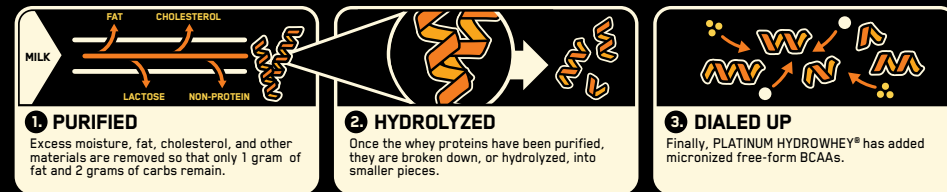


PLATINUM HYDRO WHEY

THE TRUE STRENGTH OF HYDROLYZED WHEY PROTEIN ISOLATES

PLATINUM HYDROWHEY® is the most advanced whey protein we've ever developed. In a word: Excellence. By hydrolyzing whey protein isolates to break larger proteins down into smaller pieces, these ultra-pure whey isolates are able to get into your system rapidly, enabling your muscles to start recovering from heavy training. We've also dialed up this ultra pure and rapidly-digesting formula with added micronized Branched Chain Amino Acids (BCAAs).

SMALLER PIECES = BIGGER RESULTS



BEYOND THE BASICS

- Made with Advanced Hydrolyzed Whey Protein Isolates for Fast Delivery.
- 30 Grams of Ultra-Pure Protein.
- Nearly 9 Grams of Naturally Occurring and Added Leucine, Isoleucine, and Valine (BCAAs) per Scoop.
- Instantized to Mix Easily with a Spoon.

TRUE STRENGTH OPTIMUMNUTRITION.COM

ON AUTHENTIC OPTIMUM NUTRITION PRODUCT

To Ensure the Authenticity of This Product, Make Sure the ON HOLOGRAM STRIPE is Present on the Neckband. FURTHER INFO AT: WWW.OPTIMUMNUTRITION.COM/AUTHENTIC

1 (800) 705-5226 **TRUESTRENGTH.COM**



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V4.639.061.9US



PLATINUM HYDRO WHEY

ADVANCED HYDROLYZED WHEY PROTEIN ISOLATES

30G PROTEIN

15.5G ESSENTIAL AMINO ACIDS

8.8G BCAAs

VELOCITY VANILLA
Naturally & Artificially Flavored

40 SERVINGS

NET WT. 1.59 KG (3.5 LB) PROTEIN POWDER DRINK MIX

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

Nutrition Facts	
Serving Size 1 Rounded Scoop (39g)	
Servings Per Container 40	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Sugars less than 1g	
Protein 30g	60%
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%

Not a Significant Source of Dietary Fiber.
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Hydrolyzed Whey Protein Isolates, Micronized Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), Natural and Artificial Flavors, Lecithin. Contains 1.5% or Less of: Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Salt, Cellulose Gum, Vanillin, Acesulfame Potassium, Sucralose, Enzyme Blend (Aminogen®, Maltodextrin, Amylase, Protease, Cellulase, Beta-D-Galactosidase, Lipase).

ALLERGEN INFORMATION: CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS.

DIRECTIONS:

PLATINUM HYDROWHEY® is instantized, so it always mixes up easily and completely. Simply add 1 rounded scoop of PLATINUM HYDROWHEY® to a blender, shaker cup, or glass filled with 10-12 ounces of cold water, milk, or your favorite beverage and blend, shake, or stir for 20-30 seconds or until powder is dissolved. **TIP:** Adjust the flavor of your PLATINUM HYDROWHEY® shake by varying the amount of liquid you use to prepare it. For a slightly thicker consistency with bolder flavor, mix each scoop with 6-8 ounces of water. For a milder tasting less sweet shake, use 14-16 ounces of liquid per scoop.

STACK YOUR SHAKE: By adding dietary supplements including creatine, BCAA, and carbohydrate powders you can make PLATINUM HYDROWHEY® an even better recovery product. **TIP:** Use faster-acting PLATINUM HYDROWHEY® during the day and more slowly digested PLATINUM TRI-CELLE CASEIN™ at night for around-the-clock amino acid coverage.

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

*NATURALLY OCCURRING AND ADDED AMINO ACID PROFILE

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine	Histidine	Alanine
Leucine	Proline	
Lysine	Glutamine & Glutamic Acid	
Phenylalanine		
Methionine		

Typical amounts per serving

~ 15.5 G ~ 9.8 G ~ 6.6 G

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.

MANUFACTURED IN THE USA This product contains ingredients of international and domestic origin

Aminogen® is a registered trademark of Triarco Industries, Inc. ACTITOR™ is a trademark of Glanbia plc.

MANUFACTURED BY **ON** OPTIMUM NUTRITION 975 Meridian Lake Dr. Aurora, IL 60504

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING