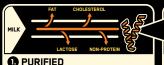
# PLATINUM

## THE TRUE STRENGTH OF HYDROLYZED WHEY PROTEIN ISOLATES

PLATINUM HYDROWHEY<sup>®</sup> 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



Excess moisture, fat, cholesterol, and other materials are removed so that only 1 gram of fat and 2 grams of carbs remain.

A HYDROLYZED Once the whey proteins have been purified they are broken down, or hydrolyzed, into smaller pieces.





 DIALED UP Finally, PLATINUM HYDROWHEY® has added micronized free-form BCAAs.

SCHEMATIC ILLUSTRATION

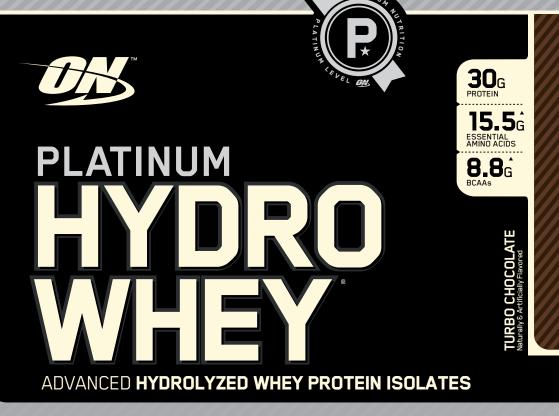
## **BEYOND THE BASICS**

- 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.









OPTIM,

# ACTITOR



# Nutrition Facts

Serving Size 1 Rounded Scoop (39c Servings Per Container 40

Total Fat 1 Saturated F Trans Fat 00	<u> </u>	% Dai	ly Value* 2%
Saturated F	<u> </u>	-	<b>n</b> 0/
Trans Fat 00	at 0.5g		∠ 70
			3%
Chalastara	1		
Cholestero	5mg		2%
Sodium 210	)mg		9%
<b>Total Carb</b>	ohydrat	e 2g	1%
Sugars less	than 1g		
Protein 30g			60%
Vitamin A 0%	•	Vitam	nin C 0%
Calcium10%	•	Iron	2%
Not a Significant * Percent Daily Va Your Daily Values your calorie need	lues are bas may be high	sed on a 2,000 c	
,	Calories:	2,000	2,500
Cholesterol	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g 25g 50g	80g 25g 300mg 2,400mg 375g 30g 65g

NGREDIENTS: Hydrolyzed Whey Protein Isolates. Micronized Branched Chain Amino Acids (L-Leucine. L-Isoleucine, L-Valine), Cocoa (Processed with Alkali) 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. Potassium Chloride, Sucralose, Vanillin, Acesulfame Potassium, Enzyme Blend (Aminogen® Maltodextrin, Amylase, Protease, Cellulase, Beta-D-Galactosidase, Lipase).

LLERGEN INFORMATION: CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS

975 Meridian Lake Di Aurora II 60504

MANUFACTURED BY

OPTIMUM NUTRITION

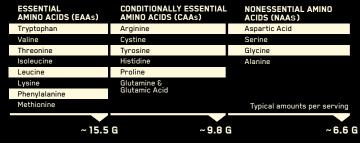
### IRECTIONS:

PLATINUM HYDROWHEY<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> 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**



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

MANUFACTURED IN THE USA his product contains ingredie of international and domestic origi

Aminogen<sup>®</sup> is a registered trademark of Triarco Industries. Inc. ACTITOR<sup>™</sup> is a trademark of Glanbia plc