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

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.

TRUE STRENGTH™
OPTIMUMNUTRITION.COM

AUTHENTIC OPTIMUM NUTRITION PRODUCT
DO TOUCH-SCRATCH STRIPE OF THIS PRODUCT. Make Sure the Holograms Are Intact. If Not, Do Not Purchase. Report Violations. FURTHER INFO AT: WWW.OPTIMUMNUTRITION.COM/AUTHENTIC
1 (800) 705-5228 TRUESTRENGTH.COM

SCAN THIS BY USB WITH YOUR SMARTPHONE FOR PRODUCT INFO AND PROMOTIONS

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OPTIMUM NUTRITION PLATINUM LEVEL

PLATINUM
HYDRO WHEY®

ADVANCED **HYDROLYZED WHEY PROTEIN ISOLATES**

30G PROTEIN
15.5G ESSENTIAL AMINO ACIDS
8.8G BCAAs

TURBO CHOCOLATE
Naturally & Artificially Flavored

ACTITOR™

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 2%

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), 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).

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 OPTIMUM NUTRITION™ 975 Meridian Lake Dr. Aurora, IL 60504

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