

# PLATINUM HYDRO WHEY

## NATURALLY OCCURRING AND ADDED AMINO ACID PROFILE

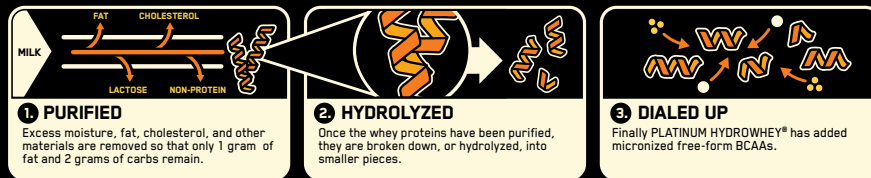
ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine	Histidine	Alanine
Leucine	Proline	
Lysine	Glutamine & Glutamic Acid	
Phenylalanine		
Methionine		

Typical amounts per serving

~15.5 G      ~9.8 G      ~6.6 G

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

SCAN THIS QR CODE  
 with your smartphone  
 to see nutrition facts  
 and promotions



**30G**  
 PROTEIN

**15.5G**  
 ESSENTIAL  
 AMINO ACIDS

**8.8G**  
 BCAAs

**TURBO CHOCOLATE**  
 Naturally & Artificially Flavored

# PLATINUM HYDRO WHEY

ADVANCED HYDROLYZED WHEY PROTEIN ISOLATES

**20**  
 SERVINGS

**ACTITOR™**

NET WT. 795 G (1.75 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 20

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
<b>Calories</b>	140		
<b>Total Fat</b>	1g	2%	
Saturated Fat	0.5g	3%	
Trans Fat	0g		
<b>Cholesterol</b>	5mg	2%	
<b>Sodium</b>	210mg	9%	
<b>Total Carbohydrate</b>	2g	1%	
Sugars	less than 1g		
<b>Protein</b>	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.

MANUFACTURED BY  
 OPTIMUM NUTRITION **ON**

975 Meridian Lake Dr., Aurora, IL 60504

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

### 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 workout 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.

**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



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