

# PLATINUM HYDRO BUILDER

COMPLETE PROTEIN MUSCLE CONSTRUCTOR\*\*

## ALL-IN-ONE MUSCLE-BUILDING SUPPORT COMPLEX\*\*

- Premium Staged-Protein Blend
  - Patent-Pending CreaPep™ Peptides for Enhanced Nutrient Delivery\*
  - Fast-Acting Hydrolyzed Proteins: HYDROWHEY® & HYDROEGG™
  - Slow-Digesting Micellar Casein Protein\*
- Over 13.5 Grams of Essential Amino Acids (EAAs) for Recovery & Rebuilding\*
- 5 Grams of Micronized Creapure® Creatine to Help Support Increases in Lean Body Mass\*
- 2.5 Grams of BetaPower™ Natural Betaine to Help Improve Strength, Energy, and Power\*
- Comprehensive Enzyme Complex to Help Support Digestion
- Micronized BCAAs, Glutamine, Arginine, and Citrulline

CHOCOLATE SHAKE 40 SERVINGS

### ENZYME COMPLEX

FULL-SPECTRUM DIGESTION BLEND

### BETAPOWER™ NATURAL BETAININE

AUGMENTED MUSCLE PERFORMANCE & ENDURANCE\*

### MICRONIZED CREAPURE® CREATINE

ENHANCED TRAINING CAPACITY & LEAN BODY MASS\*

### MICRONIZED AMINO ACID MATRIX

FAST-ACTING FREE FORM BCAAs, GLUTAMINE, ARGININE, CITRULLINE, CARNITINE, TAURINE & ALANINE

### CREAPEP™ ENHANCED STAGED-PROTEIN BLEND

CREAPEP™ NUTRIENT DELIVERY PEPTIDES + HYDROLYZED WHEY PROTEIN ISOLATE + HYDROLYZED EGG + MICELLAR CASEIN

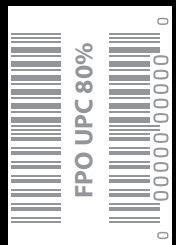
## TYPICAL AMINO ACID PROFILE (milligrams per serving)

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan • 471	Arginine • 1848	Aspartic Acid • 2773
Valine • 1825	Cystine • 532	Serine • 1459
Threonine • 1821	Tyrosine • 975	Glycine • 534
Isoleucine • 1982	Histidine • 554	Alanine • 1345
Leucine • 3250	Proline • 1889	
Lysine • 2579	Glutamine & Precursors • 6037	
Phenylalanine • 990		
Methionine • 656		

\* Naturally occurring and added

MANUFACTURED IN THE USA  
Sunrise, FL 33325 (830) 236-0097  
Consumer Affairs TrueStrength.com

TRUE STRENGTH™  
WWW.OPTIMUMNUTRITION.COM



# PLATINUM HYDRO BUILDER

COMPLETE PROTEIN MUSCLE CONSTRUCTOR\*\*

30G PROTEIN

5G CREAPURE® CREATINE

13.5G ESSENTIAL AMINO ACIDS

2.5G BETAPOWER™ BETAININE

CHOCOLATE SHAKE  
Naturally & Artificially Flavored

40 SERVINGS

- + ADVANCED LEAN MUSCLE REBUILDING AND RECOVERY COMPLEX\*
- + EXCLUSIVE CREAPEP™ NUTRIENT DELIVERY PEPTIDE\*
- + FAST-ACTING HYDROWHEY® AND HYDROEGG™ PROTEINS
- + SLOW-DIGESTING MICELLAR CASEIN PROTEIN\*

CONTAINS CreaPep™ NET WT. 4.59 LB (2080 G) DIETARY SUPPLEMENT

**DIRECTIONS:** PLATINUM HYDROBUILDER™ is INSTANTIZED, so it always mixes up completely and easily. Simply add 1 scoop of PLATINUM HYDROBUILDER™ to a blender, shaker cup or glass filled with 8 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 intensity of your PLATINUM HYDROBUILDER™ 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 ounces of liquid. For a milder tasting less sweet shake, use 10 ounces of liquid per scoop.

**SUGGESTED USE:** For post-workout recovery, consume one serving of PLATINUM HYDROBUILDER™ within an hour of completing your training. On non-training days, PLATINUM HYDROBUILDER™ may be taken in the morning or between meals. **TIP:** Use PLATINUM HYDROBUILDER™ after workouts and GOLD STANDARD 100% CASEIN™ at night for around-the-clock amino acid coverage.

OCCASION	PRODUCT
MORNING	PLATINUM HYDROWHEY®
POST-WORKOUT	PLATINUM HYDROBUILDER™
BED TIME	GOLD STANDARD 100% CASEIN™

KEEP OUT OF REACH OF CHILDREN.

CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT, NURSING A BABY, UNDER 18 YEARS OF AGE, OR IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION(S) AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION(S).

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



## Supplement Facts

Serving Size 1 Scoop (52 g)  
Servings Per Container 40

Amount Per Serving	% Daily Value
Calories	180
Calories from Fat	25
Total Fat	2.5 g 4%*
Saturated Fat	2 g 10%*
Cholesterol	50 mg 17%
Total Carbohydrate	8 g 3%*
Dietary Fiber	2 g 8%*
Sugars	2 g
Protein	30 g
Calcium	200 mg 20%
Sodium	350 mg 15%
Micronized Creapure® Creatine Monohydrate	5 g †
BetaPower™ Natural Betaine	2.5 g †
Micronized Amino Acid Matrix	2 g †
Micronized Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), Micronized L-Glutamine, Micronized L-Arginine, Taurine, L-Alanine, L-Carnitine Tartrate, Micronized L-Citrulline	
Enzyme Complex	200 mg †
Beet Root Fiber, Amylase, Protease, Cellulase, Lactase, Lipase	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** Protein Blend (CreaPep™ Enriched Protein Blend [Hydrolyzed Whey Protein Isolate, Micellar Casein, Hydrolyzed Whey Protein], Whey Protein Concentrate, Hydrolyzed Egg Albumen), Creamer (Glucose Syrup Solids, Coconut Oil, Sodium Caseinate, Dipotassium Phosphate, Silicon Dioxide, Titanium Dioxide, Mono & Diglycerides, Turmeric and Annatto Extracts, Artificial Flavors), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt, Polydextrose, Sucralose, Acesulfame Potassium.

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

CreaPep™ is a trademark of Glanbia plc.

betaPOWER™ is a trademark of Danisco A/S.

Creapure® is a registered trademark of AlzChem Trostberg GmbH.

\*Helps support muscle building and recovery when used in conjunction with resistance training and a sensible diet.  
\*\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.