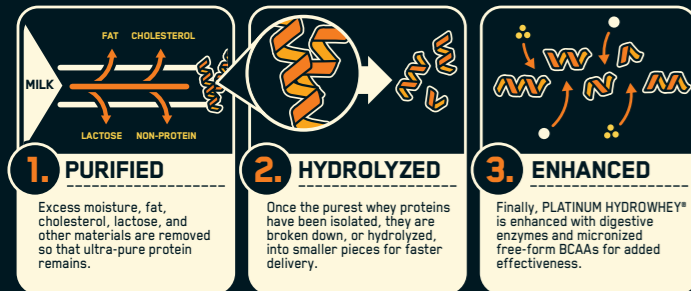


THE BIGGER PICTURE OF HYDROLYZED WHEY PROTEINS

PLATINUM HYDROWHEY® is the fastest, purest, most advanced whey protein we've ever developed. In a word: excellence. By hydrolyzing the protein in this premium formula we've created our fastest-acting whey protein yet. Hydrolyzing breaks larger proteins down into smaller pieces that are able to get into your system rapidly, enabling your muscles to start rebuilding quickly. For added effectiveness we've also enhanced it with digestive enzymes and micronized branched chain amino acids (BCAAs). PLATINUM HYDROWHEY® is ultra-pure too. That's because it's made with hydrolyzed whey protein isolates. So, there's no excess fat, cholesterol, or lactose to slow down your progress either.

SMALLER PIECES = BIGGER RESULTS



BEYOND THE BASICS

- > Made with ADVANCED HYDROLYZED WHEY Protein Isolates for FASTER DELIVERY.
- > 30 grams of ULTRA-PURE PROTEIN.
- > Nearly 9 grams of Leucine, Isoleucine, and Valine (BCAAs) per scoop.
- > NO LACTOSE or CHOLESTEROL.
- > Contains DIGESTIVE ENZYMES for enhanced utilization.
- > INSTANTIZED to mix easily with a spoon.



TURBO CHOCOLATE
Naturally and Artificially Flavored

PLATINUM HYDRO WHEY®



30G
PROTEIN

8.8G
BCAAs

0G
LACTOSE

40
SERVINGS

ADVANCED HYDROLYZED WHEY PROTEIN

FASTEST & PUREST



DIRECTIONS:

PLATINUM HYDROWHEY® is INSTANTIZED, so it always mixes up easily and completely. Simply add 1 scoop of PLATINUM HYDROWHEY® to a blender, shaker cup, or glass filled with 12 ounces of cold water, milk, or juice and blend, shake, or stir for 20-30 seconds or until powder is dissolved. **TIP:** Adjust the intensity 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 10 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 more powerful recovery product. **TIP:** Use faster-acting PLATINUM HYDROWHEY® during the day and more slowly digested GOLD STANDARD 100% CASEIN™ at night for around-the-clock amino acid coverage.

SUGGESTED USE: Consume approximately 1 gram of protein per pound of body weight per day through a combination of high protein foods and protein supplements. For best results consume your daily protein allotment over several meals spread evenly throughout the day.

NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.

TYPICAL AMINO ACID PROFILE (milligrams per serving)

Essential Amino Acids (EAAs)	Conditionally Essential Amino Acids (CAAs)	Nonessential Amino Acids (NAAs)
Tryptophan 495	Arginine 611	Aspartic Acid 3249
Valine* 2259	Cystine 693	Serine 1414
Threonine 2159	Tyrosine 846	Glycine 479
Isoleucine* 2467	Histidine 540	Alanine 1466
Leucine* 4100	Proline 2031	
Lysine 2589	Glutamine & Precursors 5124	
Phenylalanine 867		
Methionine 611		

*NATURALLY OCCURRING & ADDED

CONTAINS **ACTITOR** PEPTIDES

THE BIGGER PICTURE®
WWW.OPTIMUMNUTRITION.COM



Carefully Manufactured in the USA by: **ON**
©2009 OPTIMUM NUTRITION, INC. Sunrise, FL 33325
Consumer Affairs (630) 236-0097
optimumnutrition.com

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 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 2g 1%

Sugars 0g

Protein 30g

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

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®, Amylase, Protease, Cellulase, Beta-D-Galactosidase, Lipase).

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

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

NET WT. 3.5 LB (1,590 G)

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