

PLATINUM
HYDRO
BUILDER

COMPLETE PROTEIN MUSCLE CONSTRUCTOR**

CHOCOLATE SHAKE

22
SERVINGS

COMPREHENSIVE
MUSCLE CONSTRUCTOR
FORMULA**

ENZYME COMPLEX

FULL-SPECTRUM DIGESTION BLEND

BETAPOWER™ NATURAL BETAINE

AUGMENTED MUSCLE PERFORMANCE & ENDURANCE*

MICRONIZED CREAPEUR® 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

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

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 & • 6037	
Phenylalanine 990	Precursors	• Naturally occurring and added
Methionine 656		

TRUE STRENGTH™

WWW.OPTIMUMNUTRITION.COM

ON™

MANUFACTURED IN THE USA

Sunrise, FL 33325 (630) 238-0097

Consumer Affairs TrueStrength.com

FPO UPC 80%

11-024-674

BONUS
SIZE

10%
MORE

FREE

ON™

PLATINUM
HYDRO
BUILDER

COMPLETE PROTEIN MUSCLE CONSTRUCTOR**

30G
PROTEIN

5G
CREAPURE®
CREATINE

13.5G
ESSENTIAL
AMINO ACIDS

2.5G
BETAPOWER™
BETAINE

CHOCOLATE SHAKE

Naturally & Artificially Flavored

22
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. 2.52 LB (1144 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 22		
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.

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING ©2011 OPTIMUM NUTRITION, INC.