

PLATINUM
HYDRO
BUILDER

COMPLETE PROTEIN MUSCLE CONSTRUCTOR**

22
SERVINGS

VANILLA BEAN

COMPREHENSIVE
MUSCLE CONSTRUCTOR
FORMULA**

ENZYME COMPLEX

FULL-SPECTRUM DIGESTION BLEND

BETAPOWER™ NATURAL BETAINE

AUGMENTED MUSCLE PERFORMANCE & ENDURANCE*

MICRONIZED CREAURE® 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) 236-0097

Consumer Affairs TrueStrength.com

FPO UPC 80%

11-024-675

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

VANILLA BEAN

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*

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.

ON™

is a trademark of Glanbia plc

betaPOWER™

is a trademark of Danisco A/S

Creapure®

is a registered trademark of AlzChem Trostberg GmbH

Supplement Facts

Serving Size 1 Scoop (50 g)

Servings Per Container 22

Amount Per Serving	% Daily Value
Calories	170
Calories from Fat	20
Total Fat	2 g 3%*
Saturated Fat	1.5 g 8%*
Cholesterol	50 mg 17%
Total Carbohydrate	7 g 2%*
Dietary Fiber	1 g 4%*
Sugars	2 g
Protein	30 g
Calcium	200 mg 20%
Sodium	300 mg 13%
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), Natural and Artificial Flavors, Creamer (Glucose Syrup Solids, Coconut Oil, Sodium Caseinate, Dipotassium Phosphate, Silicon Dioxide, Titanium Dioxide, Mono & Diglycerides, Turmeric and Annatto Extracts, Artificial Flavors), Polydextrose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt, Sucralose, Acesulfame Potassium.

ALLERGEN INFORMATION:

CONTAINS MILK, EGG AND SOY (LECITHIN) INGREDIENTS.

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

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