

VP2® Hydrolyzed Whey Protein Isolate, Scientifically Proven To Build 615% More Lean Muscle Mass!

New VP2® raises the benchmark in high-performance protein supplementation. Using Advanced Protein Technology, VP2® incorporates a new proprietary "Micro-Fraction-Isolation" (MFI™) and "Controlled Chymotrypsin-Trypsin Hydrolysis" (CCTH™) technology that isolates specific and potent individual protein fractions. Once isolated, these potent protein fractions are then cleaved into precise peptide lengths for scientifically proven higher nitrogen retention. This entire process is performed under cool, non-acidic conditions to ensure complete protein integrity. VP2® is a new protein - a potent, precision protein formulation based on the latest discoveries in protein biochemistry. VP2® yields a near perfect "amino-specific" nutrient profile designed to increase muscle nitrogen absorption and retention to support lean muscle growth and repair.

Now with absorption enhancing Aminogen®!

Newly formulated VP2® takes the latest in enzyme technology to double and even triple the rate of protein absorption. By adding patented Aminogen® to VP2® research shows this increased absorption rate raises levels of free amino acids by 100%, Branched-Chain Amino Acid levels (BCAAs) by 250%, Arginine by 80%,

and Glutamine by 90% more than without the patented enzyme system.³ The study also reports that adding Aminogen® increases nitrogen retention by 32%.³

New VP2® delivers more nutrients, more amino acids, and more protein to your muscles!

VP2® Whey Isolate Is The Only Whey Protein Clinically Proven To Build Lean Muscle

In a recent double blind clinical study at one of the world's leading universities, subjects taking VP2® over a 12 week period gained an average of 11 pounds of lean mass and lost an average of 3.14 pounds of body fat.¹ No other protein made has been clinically proven to produce results of this magnitude. How much more effective is VP2® Whey Isolate when compared to other proteins? Over 615% more effective! In this study, subjects taking VP2® Whey Isolate gained an average of 6 times more lean muscle mass and lost significantly more body fat than subjects taking other protein.

In another controlled study, VP2® Whey Isolate produced an increase in Type 1 muscle fiber size by 411% and Type 2 muscle fiber size by 543%.² This study also revealed that when VP2® is combined with **AST Micronized Creatine**, fast twitch muscle fiber size is increased as much as 1230% greater than gains seen with other proteins.²†

Ref: 1. MSSE Vol 34, No. 5, 2002. 2. FASEB Journal Vol 17, No. 4, A942, 2003. 3. Journal of the International Society of Sports Nutrition 2008, 5:10

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

AST Sports Science

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AST SPORTS SCIENCE

VP2®

**NEW!!!
Enhanced
Absorption
Formula**

HYDROLYZED WHEY ISOLATE OLIGOPEPTIDE FRACTIONS

- **Research Proven**
- **Aminogen® Activated**
- **Ultra-High in Leucine**
- **Aspartame and Lactose Free**

WHEY PROTEIN ISOLATE

Dietary Supplement
Net wt: 908 grams (2 lbs)

Citrus Splash

Supplement Facts

Serving Size: **1 Scoop (28 grams)**
Servings Per Container: **32**

Amount per Serving:

Calories: **100** Calories from fat: **0**

		%DV			%DV
Total Fat	0 g	0%	Total Carbohydrate	2.5 g	1%
Saturated Fat	0 g	0%	Dietary Fiber	0 g	0%
Trans Fat	0 g	*	Sugars	0 g	*
Cholesterol	0 mg	0%	Protein	23 g	46%
Sodium	70 mg	3%	Potassium	130 mg	4%
Aminogen®	125 mg	*			
Vitamin A	35 IU	1%	Vitamin C	0.3 mg	1%
Calcium	100 mg	10%	Iron	0.1 mg	1%

*Daily Value not established.

Percent Daily Value (%DV) are based on a 2000 calorie diet.

VP2® Citrus Splash Ingredients: 100% hydrolyzed "oligopeptide" isolated whey peptide fractions consisting of precision engineered whey peptide isolate fractions (beta-lactoglobulin, alpha-lactalbumin, immunoglobulin, proteose-peptone, glycomacropeptides (GMP)), B.S.A., lactoferrin, immunoglobulin, lactoperoxidase, relaxin, lactollin, beta-microglobulin), citric acid, natural and artificial flavors, beta-carotene (for color), lecithin, Aminogen® enzyme, acesulfame potassium, sucralose.

Directions for Use: Add 1 heaping scoop to 8 oz. of your favorite cold liquid (water, milk, etc.). VP2® starts dissolving quickly. Just a few turns with a spoon or shakes in a shaker bottle and it's completely mixed and ready to drink. **When to use:** Take 1 serving of VP2® 30 minutes before training and another serving immediately after training. On non-training days use VP2® 2 or 3 times daily.

Allergen Information: Contains Milk and Soy.

Notice: Use this product as a food supplement. Do not use for weight reduction. Contents packaged by weight - not volume. Some settling may occur.