

PLATINUM HYDRO WHEY

*NATURALLY OCCURRING AND ADDED AMINO ACID PROFILE

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine	Histidine	Alanine
Leucine	Proline	
Lysine	Glutamine & Glutamic Acid	
Phenylalanine		
Methionine		

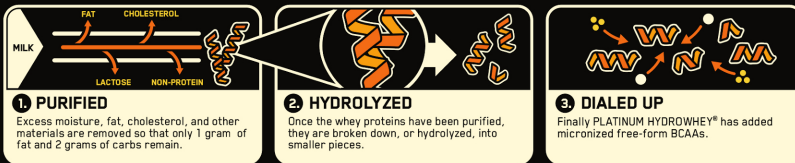
Typical amounts per serving

~15.5 G ~9.8 G ~6.6 G

THE TRUE STRENGTH OF HYDROLYZED WHEY PROTEIN ISOLATES

PLATINUM HYDROWHEY® is the most advanced whey protein we've ever developed. In a word: Excellence. By hydrolyzing whey protein isolates to break larger proteins down into smaller pieces, these ultra-pure whey isolates are able to get into your system rapidly, enabling your muscles to start recovering from heavy training. We've also dialed up this ultra pure and rapidly-digesting formula with added micronized Branched Chain Amino Acids (BCAAs).

SMALLER PIECES = BIGGER RESULTS



SCHEMATIC ILLUSTRATION

BEYOND THE BASICS

- Made with Advanced Hydrolyzed Whey Protein Isolates for Fast Delivery.
- 30 Grams of Ultra-Pure Protein.
- Nearly 9 Grams of Naturally Occurring and Added Leucine, Isoleucine, and Valine (BCAAs) per Scoop.
- Instantized to Mix Easily with a Spoon.

TRUE STRENGTH[™]
OPTIMUMNUTRITION.COM



1 (800) 705-5226
TRUESTRENGTH.COM

SCAN THIS QR CODE
with your smartphone
to get more information
and promotions



V11642 0713US



PLATINUM HYDRO WHEY

ADVANCED HYDROLYZED WHEY PROTEIN ISOLATES

30G
PROTEIN

15.5G
ESSENTIAL
AMINO ACIDS

8.8G
BCAAs

TURBO CHOCOLATE
Naturally & Artificially Flavored

20
SERVINGS

ACTITOR[®]

NET WT. 795 G (1.75 LB) PROTEIN POWDER DRINK MIX

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY.
DO NOT USE FOR WEIGHT REDUCTION.

Nutrition Facts

Serving Size 1 Rounded Scoop (39g)
Servings Per Container 20

Amount Per Serving		
Calories 140	Calories from Fat	10
	% Daily Value*	
Total Fat 1g		2%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 210mg		9%
Total Carbohydrate 2g		1%
Sugars less than 1g		
Protein 30g		60%
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
Protein	50g	65g

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

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

MANUFACTURED BY
OPTIMUM NUTRITION

975 Meridian Lake Dr., Aurora, IL 60504

Aminogen[®] is a registered trademark of Triarco Industries, Inc.
ACTITOR[®] is a trademark of Glanbia plc

DIRECTIONS:

PLATINUM HYDROWHEY[®] is instantized, so it always mixes up easily and completely. Simply add 1 rounded scoop of PLATINUM HYDROWHEY[®] to a blender, shaker cup, or glass filled with 10-12 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 flavor 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 6-8 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 better workout product. **TIP:** Use faster-acting PLATINUM HYDROWHEY[®] during the day and more slowly digested PLATINUM TRI-CELLE CASEIN[™] at night for around-the-clock amino acid coverage.

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

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

MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin

