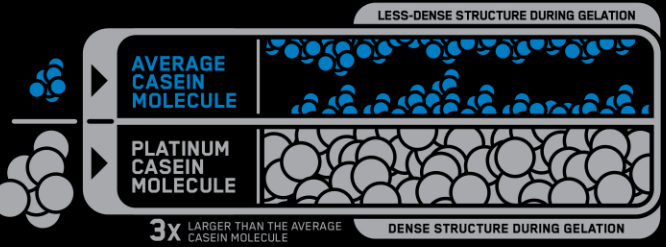


TRUE STRENGTH OF RESTRUCTURED MICELLAR CASEIN

Platinum Tri-Celle Casein™ is the pinnacle of our slow-digesting protein lineup. By using novel, patent pending MicelleXL™ technology, we've combined micellar casein molecules into a structure that is approximately triple the average size. These super-sized molecules form an ultra thick gel that takes several hours to be digested and absorbed, providing sustained release amino acid delivery for lasting lean muscle support. Each serving of Platinum Tri-Celle Casein™ also delivers the relaxing properties of L-theanine to help you make the most of your post-workout recovery. Taken between meals or before bed, we think you'll agree that our slowest casein is the easiest to mix, most versatile and exceptional tasting anti-catabolic protein we've ever made.



- BEYOND THE BASICS**
- ON's Slowest & Best Tasting Casein Yet
 - 30 Grams of Protein From an Advanced Casein Protein Blend
 - Exclusive MicelleXL™ Restructured Micellar Casein Technology + Lactium® Milk Protein Hydrolysates
 - Lasting Amino Acid Delivery Between Meals and Before Bed
 - L-Theanine to Help You Make the Most of Your Post-Workout Recovery
 - Excellent Source of Calcium with 60% DV per Serving
 - Anti-Catabolic Muscle Support

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM

1 (800) 705-5226 TRUESTRENGTH.COM

OCCASION	PRODUCT
POST-WORKOUT, MORNING, BETWEEN MEALS	PLATINUM HYDROWHEY™
PRE-WORKOUT, ENERGY BOOST	PLATINUM PRE-™
POST-WORKOUT, BETWEEN MEALS	PLATINUM HYDROBUILDER™
BETWEEN MEALS, BEFORE BED	PLATINUM TRI-CELLE CASEIN™

FPO UPC
7 48927 05073 8

13-080-073



30G
PROTEIN

12.5G
ESSENTIAL
AMINO ACIDS

200MG
L-THEANINE

PLATINUM TRI-CELLE CASEIN™

CHOCOLATE DECADENCE
Naturally & Artificially Flavored

ADVANCED MICELLEXL™ SLOW DIGESTING CASEIN PROTEIN

SLOW DIGESTING

3X LARGER CASEIN MOLECULES

100% PROTEIN FROM RESTRUCTURED MICELLAR CASEIN

25 SERVINGS

Nutrition Facts

Serving Size 1 Heaping Scoop (43g)
Servings Per Container 25

Amount Per Serving			
Calories	160	Calories from Fat 15	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	220mg		9%
Potassium	300mg		9%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		4%
Sugars	3g		
Protein	30g		60%
Vitamin A	0%	Vitamin C	0%
Calcium	60%	Iron	4%
* 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

INGREDIENTS: Restructured Micellar Casein, Natural and Artificial Flavors, Cocoa (Processed with Alkali), Creamer (Sugarcane, Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lactin, Mineral Tocopherols, Gum Blend (Carageenan, Cellulose Gum, Xanthan Gum), Lactin, Mineral Blend (Salt, Potassium Chloride, Sodium Glutamate), L-Theanine, Acesulfame Potassium, Sucralose, Vanillin, Lactium (Milk Protein Hydrolysate).

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

DIRECTIONS:
Filling a shaker cup with 10-12 ounces of water, milk or your favorite beverage is the best way to mix up a rich, creamy Platinum Tri-Celle Casein™ shake. After adding a scoop, close the lid tight and shake for 20 to 30 seconds or until the powder is completely dissolved.

EXPLORE CASEIN'S VERSATILITY
Of course, a shaker cup isn't mandatory. Because the powder is instantized, all you really need to create the perfect casein shake is a glass and spoon. Simply add a scoop of Platinum Tri-Celle Casein™ to 10-12 ounces of water and stir until completely dissolved. **TIP:** Adding more water will reduce the shake's thickness and sweetness. Using less will increase thickness and sweetness. Experiment until you find the perfect balance. Using milk and other beverages can increase the nutrient density of your shake, while also adding calories.

CREATE PERFORMANCE STACKS
You can further expand on casein's versatility by adding nuts, fresh or frozen fruit, peanut butter and other supplements including glutamine, creatine, BCAA and carbohydrate powders. Some of these 'stacks' may require the use of an electric blender while others can be produced in a shaker cup. Increase or decrease the recommended 10-12 ounces of liquid until you find the right consistency. **TIP:** If you're using an electric blender, adding in a couple of ice cubes can make drinking a casein shake seem more like an ice cream shake.

CASEIN PUDDING RECIPE
Drinking isn't the only way to enjoy new Platinum Tri-Celle Casein™. Treat yourself to a tempting pudding by adding a scoop to 5 ounces of water or milk in a small glass. Mix thoroughly with a spoon and let set in the freezer for 5 to 10 minutes. Add a sugar free topping or enjoy as is. **TIP:** If you have nutrition conscious guests over, use a muffin tin to make multiple servings!

SUGGESTED USE: Intended for healthy adults. Consume enough protein to meet your daily protein requirement with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

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

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

MANUFACTURED BY OPTIMUM NUTRITION 975 Meridian Lake Dr. Aurora, IL 60504

MicelleXL™ is a trademark of Glanbia plc. Lactium® is a registered trademark of Ingredia and used under license.

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

NET WT. 2.37 LBS (1.08 KG) PROTEIN POWDER DRINK MIX

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