

AST
SPORTS SCIENCE

VP2

STRAWBERRIES 'N CREAM

WHEY PROTEIN ISOLATE

BIOACTIVE PROTEIN FRACTIONS • ULTRA-HIGH LEUCINE CONTENT
RESEARCH PROVEN • MORE LEAN MUSCLE GROWTH

DIETARY SUPPLEMENT • Net Wt: 902.4 grams (1.99 lbs)



VP2® Isolated and Hydrolyzed Whey Protein, Clinically Proven To Build 615% More Lean Muscle Mass!

New VP2® raises the benchmark in high-performance protein supplementation. Using Advanced Protein Technology, VP2's unique formulation incorporates a new proprietary "Micro-Fraction-Isolation" (MFI™) technology that carefully isolates specific and potent individual protein fractions designed to deliver optimum bioactive substrates for maximum muscle growth. A percentage of these potent protein fractions is cleaved into precise peptide lengths using "Controlled Chymotrypsin-Trypsin Hydrolysis" (CCTH™) for scientifically proven higher nitrogen retention and greater protein synthesis.

This entire process is achieved 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.

VP2® Whey Isolate Is Clinically Proven To Build More Lean Muscle

In a 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.³

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.

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EEC Approved Plant # 3003107574

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Supplement Facts

Serving Size: 1 Rounded Scoop (28.2 grams)
Servings per container: 32

Amount per Serving:	% Daily Value
Calories	110
Calories from fat	5
Total Fat	0.5 g 1%*
Saturated Fat	0 g 0%*
Cholesterol	15 mg 5%
Total Carbohydrate	3 g 1%*
Sugars	0 g **
Protein	23 g 46%
Calcium	100 mg 10%
Sodium	60 mg 3%
Potassium	130 mg 4%

*Daily Value not established.

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

VP2® Strawberries 'N Cream Ingredients: AST Whey Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein Isolate), incorporating "oligopeptide" isolated whey peptide fractions consisting of precision engineered whey peptide isolate fractions (beta-lactoglobulin, alpha-lactalbumin, immunoglobulin, proteose-peptone, glycomacropetides (GMP)), Natural & Artificial Flavors, Red Beet Powder (for color), Freeze Dried Strawberry Pieces, Soy Lecithin, Citric Acid, 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.

Keep out of reach of children.

Storage Directions: Store in a cool dry place.

