PLATINUM
HYDRO BUILDER
COMPLETE PROTEIN **MUSCLE CONSTRUCTOR****

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

CHOCOLATE SHAKE | 40 SERVINGS

COMPREHENSIVE MUSCLE CONSTRUCTOR FORMULA**

ENZYME COMPLEX
FULL-SPECTRUM DIGESTION BLEND

BETAPOWER™ NATURAL BETAINE
AUGMENTED MUSCLE PERFORMANCE & ENDURANCE*

MICRONIZED CREAPURE® 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

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 & • Precursors	6037		
Phenylalanine	990				
Methionine	656				

• Naturally occurring and added

MANUFACTURED IN THE USA
Sunrise, FL 33325 (800) 238-0097
Consumer Affairs TrueStrength.com

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM

FPO UPC 8Ø%

11-0174-871

*Helps support muscle building and recovery when used in conjunction with resistance training and a sensible diet
#These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

30G PROTEIN
5G CREAPURE® CREATINE
13.5G ESSENTIAL AMINO ACIDS
2.5G BETAPOWER™ BETAINE

PLATINUM
HYDRO BUILDER™
CHOCOLATE SHAKE
NEW!
COMPLETE PROTEIN **MUSCLE CONSTRUCTOR****

+ ADVANCED LEAN MUSCLE REBUILDING AND RECOVERY COMPLEX*
+ EXCLUSIVE CREAPEP™ NUTRIENT DELIVERY PEPTIDE*
+ FAST-ACTING HYDROWHEY® AND HYDROEGG™ PROTEINS
+ SLOW-DIGESTING MICELLAR CASEIN PROTEIN*

40 SERVINGS

CONTAINS CreaPep™ NET WT. 4.59 LB (2080 G) DIETARY SUPPLEMENT

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.

Supplement Facts

Serving Size 1 Scoop (52 g)
Servings Per Container 40

Amount Per Serving		% Daily Value
Calories	180	
Calories from Fat	25	
Total Fat	2.5 g	4%*
Saturated Fat	2 g	10%*
Cholesterol	50 mg	17%
Total Carbohydrate	8 g	3%*
Dietary Fiber	2 g	8%*
Sugars	2 g	†
Protein	30 g	
Calcium	200 mg	20%
Sodium	350 mg	15%
Micronized Creapure® Creatine Monohydrate	5 g	†
BetaPower™ Natural Betaine	2.5 g	†
Micronized Amino Acid Matrix (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	2 g	†
Enzyme Complex (Beet Root Fiber, Amylase, Protease, Cellulase, Lactase, Lipase	200 mg	†

* 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), Creamer (Glucose Syrup Solids, Coconut Oil, Sodium Caseinate, Dipotassium Phosphate, Silicon Dioxide, Titanium Dioxide, Mono & Diglycerides, Turmeric and Annatto Extracts, Artificial Flavors), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt, Polydextrose, Sucralose, Acesulfame Potassium.

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

CreaPep is a trademark of Stenbio plc
betaPOWER is a trademark of Danisco A/S
Creapure is a registered trademark of AlzChem Trostberg GmbH

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

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