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TASTING  
THAN  
EVER!**

### VP2<sup>®</sup> Isolated and Hydrolyzed Whey Protein, Clinically Proven To Build 615% More Lean Muscle Mass!

New VP2<sup>®</sup> 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<sup>®</sup> is a new protein - a potent, precision protein formulation based on the latest discoveries in protein biochemistry. VP2<sup>®</sup> yields a near perfect "amino-specific" nutrient profile designed to increase muscle nitrogen absorption and retention to support lean muscle growth and repair.

### VP2<sup>®</sup> 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<sup>®</sup> 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.<sup>1</sup> No other protein made has been clinically proven to produce results of this magnitude. How much more effective is VP2<sup>®</sup> Whey Isolate when compared to other proteins? Over 615% more effective! In this study, subjects taking VP2<sup>®</sup> 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<sup>®</sup> Whey Isolate produced an increase in Type 1 muscle fiber size by 411% and Type 2 muscle fiber size by 543%.<sup>2</sup> This study also revealed that when VP2<sup>®</sup> is combined with AST Micronized Creatine, fast twitch muscle fiber size is increased as much as 1230% greater than gains seen with other proteins.<sup>2†</sup>

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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Rev#FPVP21014



SPORTS SCIENCE

# AST

# VP2<sup>®</sup>

## BIOACTIVE ISOLATED WHEY PROTEIN FRACTIONS



# WHEY PROTEIN ISOLATE

*fruit punch*

Dietary Supplement Net wt: 960 grams (2.12 lbs)

## Supplement Facts

Serving Size: 1 Rounded Scoop (Approx 30 grams)  
Servings Per Container: 32

### Amount per Serving:

Calories: 110    Calories from fat: 5

	%DV*		%DV*	
<b>Total Fat</b>	<b>1 g</b>	<b>2%</b>	<b>Total Carbohydrate</b>	<b>3 g 1%</b>
Saturated Fat	0 g	0%	Dietary Fiber	0 g 0%
Trans Fat	0 g	**	Sugars	1 g **
<b>Cholesterol</b>	<b>5 mg</b>	<b>2%</b>	<b>Protein</b>	<b>23 g 46%</b>
Calcium				114 mg 11%
Sodium				60 mg 3%
Potassium				135 mg 4%

\*\*Daily Value not established.

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

**VP2<sup>®</sup> Fruit Punch Ingredients:** Whey Protein Isolate and Hydrolyzed Whey Protein Isolate - Consisting of Precision Engineered Isolated and Hydrolyzed Fractions (Beta-lactoglobulin, Alpha-lactalbumin, Immunoglobulin, Protease-Peptone, Glycomacropeptides (GMP)), Natural Flavors, Citric Acid, Soy Lecithin, Sucralose, Acesulfame Potassium, FD&C Red #40.

**Directions for Use:** Add 1 heaping scoop to 8 oz. of your favorite cold liquid (water, milk, etc.). VP2<sup>®</sup> 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<sup>®</sup> 30 minutes before training and another serving immediately after training. On non-training days use VP2<sup>®</sup> 2 or 3 times daily.

**Allergen Information:** Contains Milk and Soy. Manufactured in a facility that also processes wheat, egg and peanut.

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