

**NOW
BETTER
TASTING
THAN
EVER!**

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.^{2†}

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.

VP2[®]

AST SPORTS SCIENCE

BIOACTIVE ISOLATED WHEY PROTEIN FRACTIONS

WHEY PROTEIN ISOLATE



Mocha Cappuccino

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*
Total Fat	1 g 2%	Total Carbohydrate	3 g 1%
Saturated Fat	0 g 0%	Dietary Fiber	1 g 4%
Trans Fat	0 g **	Sugars	1 g **
Cholesterol	5 mg 2%	Protein	23 g 46%
Calcium			115 mg 11%
Sodium			115 mg 5%
Potassium			170 mg 5%

*Daily Value not established.
*Percent Daily Value (%DV) are based on a 2000 calorie diet.

VP2[®] Mocha Cappuccino Ingredients: Whey Protein Isolate and Hydrolyzed Whey Protein Isolate - Consisting of Precision Engineered Isolated and Hydrolyzed Fractions (Beta-lactoglobulin, Alpha-lactalbumin, Immunoglobulin, Proteose-Peptide, Glycomacropeptides (GMP)), Natural and Artificial Flavors, Spray Dried Coffee Powder, Cocoa Powder (Processed with Alkali), Salt, Xanthan Gum, Soy Lecithin, Sucralose, Acesulfame Potassium.

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. 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.

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