

PLATINUM HYDRO BUILDER™

COMPREHENSIVE PROTEIN MUSCLE CONSTRUCTOR™

COMPREHENSIVE
MUSCLE CONSTRUCTOR
FORMULA*

MICRONIZED CREAPURE® CREATINE
SUPPORT/PROMOTE TRAINING CAPACITY AND LEAN BODY MASS

MICRONIZED AMINO ACID MATRIX
FAST ACTING FREE FORM AMINO ACIDS BCAA, GLUTAMINE,
ARGININE, CITRULLINE, CARNITINE, TAURINE & ALANINE

**CREAPEP™ ENHANCED STAGED-
PROTEIN BLEND** PREMIUM STAGED-PROTEIN BLEND OF
CREAPEP™ PEPTIDES

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM



AUTHENTIC OPTIMUM NUTRITION PRODUCT
To ensure the Authenticity of This Product, Make Sure the
ON HOLOGRAM STRIPE is Present on The Neckband.
FURTHER INFO AT: WWW.OPTIMUMNUTRITION.COM/AUTHENTIC

1 (800) 705-5226 TRUESTRENGTH.COM

ALL-IN-ONE MUSCLE-BUILDING SUPPORT COMPLEX*

- Premium Staged-Protein Blend
 - Fast-Acting Hydrolyzed Protein HYDROWHEY®*
 - Slow-Digesting Micellar Casein Protein*
- Over 13.5 Grams of Naturally Occurring and Added Essential Amino Acids (EAAs) for Recovery & Rebuilding*
- 5 Grams of Micronized Creapure® Creatine Monohydrate to Help Support Lean Body Mass*
- Micronized Amino Acid Matrix

* NATURALLY OCCURRING AND ADDED AMINO ACID PROFILE

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine	Histidine	Alanine
Leucine	Proline	
Lysine	Glutamine & Glutamic Acid	
Phenylalanine		
Methionine		
Typical amounts per serving		
~ 13.5 G	~ 11.9 G	~ 6.1 G



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PLATINUM HYDRO BUILDER™

COMPREHENSIVE PROTEIN MUSCLE CONSTRUCTOR™

- ADVANCED LEAN MUSCLE REBUILDING AND RECOVERY COMPLEX*
- EXCLUSIVE CREAPEP™ PEPTIDES*
- FAST-ACTING HYDROWHEY®* PROTEIN*
- ESSENTIAL AMINO ACID DELIVERY*
- SLOW-DIGESTING MICELLAR CASEIN PROTEIN*



30G
PROTEIN

5G
CREATINE
MONOHYDRATE
AS CREAPURE®

13.5G
ESSENTIAL
AMINO ACIDS

VANILLA BEAN
Naturally and Artificially Flavored

40
SERVINGS

NET WT 4.76 LB (2.16 KG) DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 1 Scoop (54 g)
Servings Per Container 40

Amount Per Serving	% Daily Value
Calories	180
Calories from Fat	25
Total Fat	2.5 g 4%*
Saturated Fat	1.5 g 8%*
Cholesterol	80 mg 27%
Total Carbohydrate	9 g 3%*
Dietary Fiber	1 g 4%*
Sugars	3 g †
Protein	30 g 60%*
Calcium	220 mg 22%
Sodium	270 mg 11%
Micronized Creatine Monohydrate (Creapure®)	5 g †
Micronized Amino Acid Matrix Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), L-Glutamine, L-Arginine, Taurine, L-Carnitine Tartrate, L-Citrulline, L-Alanine	2 g †

* 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), Carb Blend (ModCarb™ [Organic Oat Bran, Organic Amaranth, Organic Quinoa, Organic Buckwheat, Organic Millet, Organic Chia], Modified Corn Starch, Isomaltulose, Trehalose, Corn Starch, Maltodextrin), Natural and Artificial Flavor, Medium Chain Triglyceride Powder, Lecithin, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Sucralose, Acesulfame Potassium.

CONTAINS: MILK AND SOY.

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 fl oz of cold water, milk, or your favorite beverage and blend, shake, or stir for 20-30 seconds or until powder is dissolved.

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

OCCASION	PRODUCT
MORNING	PLATINUM HYDROWHEY®
PRE-WORKOUT	PLATINUM PRE-™
POST-WORKOUT	PLATINUM HYDROBUILDER™
BED TIME	PLATINUM TRI-CELLE CASEIN®

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18, OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING.

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.
SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM

CreaPep™ is a trademark of Glanbia plc

Creapure® is a trademark of AlzChem AG.

ModCarb™ is a trademark of VDF FutureCeuticals, Inc., manufactured under U.S. Patent #6060519.

MANUFACTURED BY
OPTIMUM NUTRITION, INC. 3500 Lacey Road, Suite 1200
Downers Grove, IL 60515

MANUFACTURED IN THE USA

This product contains ingredients of international and domestic origin

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.