

PLATINUM
HYDRO
WHEY

THE TRUE STRENGTH OF HYDROLYZED WHEY PROTEIN ISOLATES
PLATINUM HYDROWHEY® is the most advanced whey protein we've ever developed. In a word: Excellence. By hydrolyzing whey protein isolates to break larger proteins down into smaller pieces, these ultra-pure whey isolates are able to get into your system rapidly, enabling your muscles to start recovering from heavy training. We've also dialed up this ultra pure and rapidly-digesting formula with added micronized Branched Chain Amino Acids (BCAAs).

SMALLER PIECES = BIGGER RESULTS



SCHEMATIC ILLUSTRATION

BEYOND THE BASICS

- Made with Advanced Hydrolyzed Whey Protein Isolates for Fast Delivery.
- 30 Grams of Ultra-Pure Protein.
- Nearly 9 Grams of Naturally Occurring and Added Leucine, Isoleucine, and Valine (BCAAs) per Scoop.
- Over 4 Grams of Naturally Occurring Glutamine and Glutamic Acid in Each Serving
- Instantized to Mix Easily with a Spoon.

TRUE STRENGTH®
WWW.OPTIMUMNUTRITION.COM



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PLATINUM
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ADVANCED HYDROLYZED WHEY PROTEIN ISOLATES

30G
PROTEIN

15.5G[▲]
ESSENTIAL
AMINO ACIDS

8.8G[▲]
BCAAs

CHOCOLATE MINT
Naturally & Artificially Flavored

ACTITOR

38
SERVINGS

NET WT. 3.5 LB (1.59 KG) PROTEIN POWDER DRINK MIX

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

Nutrition Facts

Serving Size 1 Scoop (41g)
Servings Per Container 38

Amount Per Serving		Calories from Fat 10	
Calories 140			
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	190mg		8%
Total Carbohydrate	3g		1%
Sugars less than 1g			
Protein	30g		60%

Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	4%

Not a Significant Source of Dietary Fiber.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

INGREDIENTS: Hydrolyzed Whey Protein Isolates, Micronized Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Contains 1.5% or Less of: Lecithin, Salt Substitute (Salt, Sodium Gluconate, Potassium Chloride), Cellulose Gum, Sucralose, Acesulfame Potassium, Enzyme Blend (Aminogen®, Amylase, Protease, Cellulase, Beta-D-Galactosidase, Lipase), Maltodextrin.

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

DIRECTIONS:

PLATINUM HYDROWHEY® is instantized, so it always mixes up easily and completely. Simply add 1 scoop of PLATINUM HYDROWHEY® to a blender, shaker cup, or glass filled with 10-12 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 flavor of your PLATINUM HYDROWHEY® shake by varying the amount of liquid you use to prepare it. For a slightly thicker consistency with bolder flavor, mix each scoop with 6-8 ounces of water. For a milder tasting less sweet shake, use 14-16 ounces of liquid per scoop.

STACK YOUR SHAKE: By adding dietary supplements including creatine, BCAA, and carbohydrate powders you can make PLATINUM HYDROWHEY® an even better workout product. **TIP:** Use faster-acting PLATINUM HYDROWHEY® during the day and more slowly digested PLATINUM TRI-CELLE CASEIN® at night for around-the-clock amino acid coverage.

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.

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		
~ 15.5 G	~ 9.8 G	~ 6.6 G

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin

Aminogen® is a registered trademark of Triarco Industries, Inc.
ACTITOR® is a registered trademark of Glanbia plc

MANUFACTURED BY
OPTIMUM NUTRITION
975 Meridian Lake Dr.
Aurora, IL 60504

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