

AST
SPORTS SCIENCE

VP2[®]

COOKIES 'N CREAM

WHEY PROTEIN ISOLATE

BIOACTIVE PROTEIN FRACTIONS • ULTRA-HIGH LEUCINE CONTENT
RESEARCH PROVEN • MORE LEAN MUSCLE GROWTH

DIETARY SUPPLEMENT • Net Wt: 902.4 grams (1.99 lbs)



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.

AST SPORTS SCIENCE
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EEC Approved Plant # 3003107574

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Supplement Facts

Serving Size: 1 Level Scoop (28.2 grams)
Servings per container: 32

Amount per Serving:	*** Daily Value
Calories	110
Calories from fat	5
Total Fat	0.5 g 1%
Saturated Fat	0 g 0%
Cholesterol	15 mg 5%
Total Carbohydrate	3 g 1%
Sugars	<1 g *
Protein	23 g 46%
Calcium	100 mg 10%
Sodium	60 mg 3%
Potassium	130 mg 4%

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

VP2[®] Cookies 'N Cream Ingredients: AST Whey Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein Isolate), incorporating "oligopeptide" isolated whey peptide fractions consisting of precision engineered whey peptide isolate fractions (beta-lactoglobulin, alpha-lactalbumin, immunoglobulin, proteose-peptone, glycomacropeptides (GMP)), Natural & Artificial Flavors, Gluten Free Chocolate Cookie Crumbs (rice flour, sugar, cocoa processed with alkali, tapioca starch, palm oil, corn starch, natural flavors, salt, sodium bicarbonate, soy lecithin), Soy Lecithin, Acesulfame Potassium, Sucralose.

Directions for Use: Add 1 level 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.
Notice: Use this product as a food supplement. Do not use for weight reduction. Contents packaged by weight - not volume. Some settling may occur. Keep out of reach of children.
Storage Directions: Store in a cool dry place.

