

AST
SPORTS SCIENCE

VP2[®]



CREAMY VANILLA

WHEY PROTEIN ISOLATE

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

DIETARY SUPPLEMENT • Net Wt: 896 grams (1.98 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.

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Made In USA REV# VP21116

EEC Approved Plant # 3003107574

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Supplement Facts

Serving Size: 1 Level Scoop (28 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	0 g	*
Protein	23 g	46%
Calcium	100 mg	10%
Sodium	60 mg	3%
Potassium	130 mg	4%

*Daily Value not established.

**Percent Daily Values are based on a 2000 calorie diet.

VP2[®] Creamy Vanilla 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 and Artificial Flavors, Soy Lecithin, Sucralose, Acesulfame Potassium.

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.

