

20 g of hydrolyzed whey protein, designed for rapid absorption and muscle recovery*

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WHAT IS HYDROLYZED WHEY PROTEIN?

Hydrolyzed Whey Protein goes above and beyond the standard whey protein powders to support protein status and athletic performance.* Unlike standard whey protein, it undergoes proprietary enzymatic hydrolysis, a process that breaks down intact proteins into smaller peptide chains and free amino acids for faster absorption and rapid delivery to working muscles.^{1,2} Hydrolyzed whey protein has been shown to yield superior absorption, muscle recovery, and tissue repair compared to intact (non-hydrolyzed) whey.¹⁻⁴ This enhanced digestion and absorption profile may help support amino acid availability during periods of increased physical demand, such as resistance training, endurance exercise, and post-exercise recovery.*

Hydrolyzed Whey Protein offers a complete amino acid profile and gives an athlete access to clean, high-quality protein in a smooth, delicious formula without any bitter aftertaste. This product has its smooth mixability and no bitterness due to being instantized using inline agglomeration, a continuous process that forms porous particle clusters to enhance solubility and dispersion in liquid.

FORMULA HIGHLIGHTS

- 20 g of hydrolyzed whey protein per serving to support protein status and muscle recovery*
- Designed to support rapid absorption and utilization
- Manufactured in the U.S.A. in a GMP-registered facility
- Available in vanilla and chocolate flavors
- Sweetened with stevia and monk fruit extracts; no artificial flavors or colors
- 3 g total carbohydrates, and only 1 g total sugars per serving
- Great tasting, with no bitter aftertaste
- Gluten-free, soy-free, vegetarian; non-GMO
- NSF Certified for Sport®

SUPPORTS MUSCLE RECOVERY*

Muscle damage is a normal physiological response to exercise and plays a key role in muscle adaptation, growth, and strength development. However, delayed or inadequate recovery may lead to prolonged soreness, reduced muscle function, and impaired performance capacity. Research in athletes and active individuals suggests that whey protein hydrolysate (WPH) can support recovery by enhancing muscle repair and reducing exercise-induced muscle damage.^{2,3,5} For example, a randomized controlled trial (n = 28) demonstrated that individuals supplemented with 25 g of hydrolyzed whey protein experienced significantly faster recovery of muscle force-generating capacity within six hours following eccentric exercise (such as muscle-lengthening contractions) compared to those receiving intact whey protein or a non-protein control.³ In addition, a 12-week intervention study in a team of 24 elite soccer players found that those who supplemented daily with 1 g per kg of body mass of hydrolyzed whey protein (administered in two equal doses immediately before and after training) for 12 weeks experienced greater reductions in muscle damage markers compared to both the intact whey

protein group and the non-protein carbohydrate control group.² Furthermore, a randomized controlled trial in endurance-trained athletes (n = 18) demonstrated that individuals supplemented with WPH (approximately 0.3 g protein per kg body weight per day) experienced improvements in recovery, endurance performance, and markers of muscle damage and fatigue.⁵

SUPPORTS MUSCLE GROWTH*

Whey protein has well-established muscle-supportive properties, in part due to its high content of leucine, a key amino acid that plays



a central role in regulating muscle protein synthesis.⁶ Although the amount of whey used in this study was significantly higher than the serving size in our formula, it demonstrates whey's role in promoting healthy muscle function and recovery.* Consumption of whey protein increases intracellular leucine availability and activates the mechanistic target of rapamycin complex 1 (mTORC1), a critical signaling pathway that stimulates muscle protein synthesis.⁴ The unique composition of hydrolyzed whey protein, combined with its naturally high content of the amino acid leucine, supports lean body mass when combined with resistance training.⁷⁻⁹ For example, a randomized controlled trial in healthy young men (n = 22) demonstrated that those supplemented with 19.5 g of hydrolyzed whey protein (split evenly before and after each training session), combined with 12 weeks of resistance training (33 sessions), exhibited significantly greater increases in muscle and tendon mass compared to placebo.⁷ In addition, a controlled intervention study in healthy men (n = 24) found that combining WPH supplementation with 12 weeks of high-volume resistance training augmented mTORC1 anabolic signaling and muscle protein synthesis compared to an isocaloric carbohydrate control.⁹ A systematic review and meta-analysis further supports that protein hydrolysate supplementation can promote fat-free mass and muscle strength in resistance-trained individuals, particularly when combined with structured resistance training programs.⁸

HELPS PRESERVE LEAN MUSCLE TISSUE*

Intense physical activity increases the body's protein requirements, potentially up to 2.3 g/kg of body weight daily.¹⁰ When these

demands are not met, athletes may experience a negative protein balance, which can contribute to muscle breakdown and impaired performance over time.^{2,10} Supplementing with whey protein, particularly in its fast-absorbing hydrolyzed form, may help deliver amino acids rapidly to working muscles, supporting muscle protein synthesis and lean muscle mass during periods of heavy training.^{1,2,8,9,11} A randomized controlled trial in elite soccer players (n = 24) demonstrated that daily supplementation with whey protein (1 g per kg of body weight) for eight weeks supported muscle mass maintenance during intensive training.¹⁰ The concern of muscle loss may be especially relevant to older adults, who may be more susceptible to declines in muscle mass than younger, more physically active individuals. A randomized controlled trial in healthy older men (n = 33) found that ingestion of graded doses of whey protein (10, 20, and 35 g) dose-dependently increased postprandial muscle protein synthesis and supported muscle protein accretion, with the 35 g dose producing the greatest peak response.¹¹ Research in older adults further suggests that whey protein may promote muscle protein synthesis, appendicular

skeletal muscle mass, and physical performance, reinforcing its role in maintaining muscle mass across a range of physiological demands.^{6,11,12}

BENEFITS*

- Supports optimal protein status^{1,4,6,12}
- Supports muscle recovery¹⁻⁵
- Supports lean body mass⁶⁻⁹
- Helps preserve lean muscle mass¹⁰⁻¹²

HOW TO TAKE

May be taken before or after a workout. Mix approximately 1 scoop in eight to ten ounces of water or any other beverage per day, or as directed by your health-care practitioner.



CHOCOLATE FLAVOR

Supplement Facts			
Serving Size 31 grams (approx. one scoop)			
Servings Per Container 20			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110	Calcium	120 mg 9%
Total Fat	2 g 2%*	Iron	1.3 mg 7%
Saturated Fat	1.5 g 8%*	Sodium	85 mg 4%
Cholesterol	70 mg 23%	Potassium	170 mg 4%
Total Carbohydrate	3 g 1%*	*Percent Daily Values are based on a 2,000 calorie diet.	
Dietary Fiber	1 g 4%*	**Daily Value not established.	
Total Sugars	1 g ††		
Protein	20 g 29%*		

Ingredients: Whey protein hydrolysate, cocoa powder, natural flavors, silicon dioxide, PhytoSweet® blend (rebaudioside M, steviol glycosides [from *Stevia rebaudiana* leaf]), sodium chloride.
Contains milk.



VANILLA FLAVOR

Supplement Facts			
Serving Size 30 grams (approx. one scoop)			
Servings Per Container 20			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110	Calcium	120 mg 9%
Total Fat	2 g 2%*	Iron	0.3 mg 2%
Saturated Fat	1.5 g 8%*	Sodium	50 mg 2%
Cholesterol	70 mg 23%	Potassium	130 mg 3%
Total Carbohydrate	3 g 1%*	*Percent Daily Values are based on a 2,000 calorie diet.	
Total Sugars	1 g ††	**Daily Value not established.	
Protein	20 g 29%*		

Ingredients: Whey protein hydrolysate, natural flavors, silicon dioxide, PhytoSweet® blend (rebaudioside M, steviol glycosides [from *Stevia rebaudiana* leaf]), luo han guo extract (fruit).
Contains milk.

20 G PROTEIN PER SERVING

PROMOTES ATHLETIC PERFORMANCE*

SUPPORTS MUSCLE RECOVERY AND GROWTH*

RAPIDLY ABSORBED WHEY PROTEIN WITH A COMPLETE AMINO ACID PROFILE*



GLUTEN-FREE



VEGETARIAN



NON-GMO



HIGHLY ABSORBABLE*



THIRD-PARTY TESTED

*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.

References

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