

#### DIRECTIONS FOR USE:

Mix 1 serving (2 level scoops) with 250mL cold water or milk in a glass or shaker cup. Use between major meals and after exercise. Drink 8 to 10 glasses of water daily.

#### HOW TO TAKE:



#### WHEN TO TAKE:

- ✓ UPON WAKING
- ✓ PRE-WORKOUT
- ✗ INTRA-WORKOUT
- ✓ POST-WORKOUT
- ✓ THROUGHOUT THE DAY
- ✓ BEFORE BED

See **ADVANCED USER** panel for stacking guidance

Container Size: 1816 g  
Serving Size: 2 Level Scoops (35 g)  
Servings Per Container: approx. 52 servings

NUTRITION INFORMATION	Per Serving (35 g)
Energy kJ	545
Energy kcal	131
Fat	1.7 g
Of which saturates	0.9 g
Carbohydrate	2.5 g
Of which sugars	0.8 g
Fibre	2.4 g
Protein	25 g
Salt	0.12 g

**INGREDIENTS:** Whey Protein Isolate (Milk), Ultrafiltered Micellar Casein (Milk), Polydextrose, Creamer, Refined Fractionated Palm Oil, Lactose, Milk Protein Flavouring, Resistant Dextrin, Fibersol, Tapioca Starch, Thickener, Xanthan Gum, Sweetener, Sucralose, Emulsifier, Soy Lecithin.

**ALLERGY ADVICE:** For allergens see ingredients in bold. Also may contain Cereals containing Gluten, Egg and Peanuts.

**NOTE:** To maintain product freshness, store in a cool, dry place and reseal tub after use. This product is sold by weight. Some settling may occur. Shake container before use.

**WARNING:** Do not exceed daily recommended dose of two servings (4 scoops/70g). This product is a food supplement and should not be used as a substitute for a varied diet and balanced lifestyle. Keep out of the reach of children. Do not use if you are pregnant or lactating. Consult a physician or healthcare professional before starting any diet or exercise programme. Discontinue use and consult a physician or healthcare professional if you experience any unusual symptoms. Do not use if the packaging has been tampered with.



BCAA PROFILE	Per Serving (35 g)
Leucine	2446 mg
Isoleucine	1418 mg
Valine	1486 mg

AMINO PROFILE	Per Serving (35 g)
Tryptophan	339 mg
Threonine	1361 mg
Phenylalanine	949 mg
Lysine	2180 mg
Methionine	603 mg
Arginine	686 mg
Cystine	414 mg
Tyrosine	947 mg
Histidine	529 mg
Proline	1836 mg
Serine	1230 mg
Aspartic Acid	2283 mg
Glycine	398 mg
Alanine	592 mg
Glutamine + Glutamic Acid	4789 mg

# GRENADE HYDRA 6 PROTEIN

**25g** PROTEIN PER SERVING  
**5.4g** BCAAs PER SERVING  
**2.4g** LEUCINE PER SERVING

**PREMIUM PROTEIN BLEND**

- FAST DIGESTING WHEY PROTEIN ISOLATE
- SLOW RELEASE MICELLAR CASEIN PROTEIN

1816g e

VANILLA FLAVOUR WHEY PROTEIN FOOD SUPPLEMENT MIX WITH SWEETENER. FOR BEST BEFORE SEE BASE



#### WHY CHOOSE HYDRA 6®?

HYDRA 6® PROTEIN combines 12.5 grams of fast acting Whey Protein Isolate (with no inferior whey concentrates) and 12.5 grams of slower release Micellar Casein (with no inferior calcium caseinates) supplying 25 grams of complete protein per serving in the perfect 50/50 ratio.

#### WHY IS 50/50 THE PERFECT RATIO?

WHEY PROTEIN ISOLATE is absorbed rapidly, meaning it delivers amino acids (protein) to the muscles very quickly (within 60-90 minutes). Science implies that the higher the peak in our blood essential amino acid levels, the stronger the start to the process of protein synthesis (muscle building)<sup>[1]</sup>.

MICELLAR CASEIN now plays its part. Several studies show that Whey Protein Isolate is absorbed so quickly that it is rapidly utilized and protein synthesis (muscle building) drops sharply. Micellar Casein, is absorbed at a slower, steadier rate and has been shown to be superior for ensuring that muscle growth activity exceeds muscular breakdown<sup>[2]</sup>, therefore continuing protein synthesis.

THIS SUPERIOR COMBINATION of the 2 protein sources in Hydra 6® Studies have inferred that combination proteins which included whey and casein may have a more potent muscle-building effect in the four hours after a weight training session as compared to whey protein alone<sup>[3]</sup>.

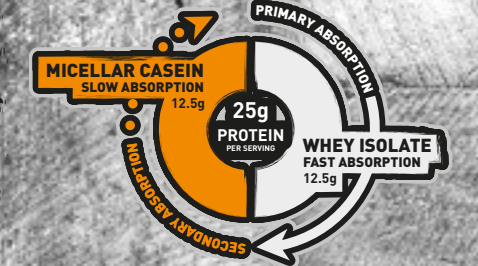
With new and improved flavours, we should also mention - it tastes AWESOME!

1. Bohé J, Low A, Wolfe RR, Renne MJ. Human muscle protein synthesis is modulated by extracellular, not intramuscular, amino acid availability: a dose-response study. *J Physiol.* 2003 Oct 1; 552 (Pt 1):315-24. Epub 2003 Aug 8.  
2. Borrie V, Dangin M, Gachon P, Vasson MP, Maubois JL, Beaufrère B. S low and fast dietary proteins differently modulate postprandial protein accretion. *Proc Natl Acad Sci USA.* 1997 Dec 23; 94(26):14920-5.  
3. Reidy PJ, Walker DK, Dickinson JM, Gundermann DM, Drummond MJ, Timmerman KL, Fry CS, Borack MS, Cope MB, Mukherjee R, Jennings K, Volpi E, Rasmussen B. Protein blend ingestion following resistance exercise promotes human muscle protein synthesis. *J Nutr.* 2013; 143(4):410-4. doi: 10.3945/jn.112.1645

#### KEY FACTS:

- TWO PREMIUM PROTEIN SOURCES - WHEY ISOLATE AND MICELLAR CASEIN
- NO AMINO SPIKING - FULL AMINO PROFILE DECLARED ON SUPPLEMENT FACTS PANEL
- IDEAL FOR COOKING AND BAKING

#### HYDRA 6® 50/50 PROTEIN RATIO



#### ADVANCED USER STACK

**INTRA-WORKOUT: DEFEND BCAA**  
Take 1 serving of Defend BCAA intra-workout and take 1 serving of Hydra 6® post-workout.



**NOTE FOR TESTED ATHLETES:**  
This product is registered with the Informed-Sport programme. [WWW.INFORMED-SPORT.COM](http://WWW.INFORMED-SPORT.COM)

Grenade® Hydra 6® is manufactured to the highest standards in an ISO22000:2005 and GMP facility on behalf of Grenade HQ, Marsh Lane, Hampton in Arden, B92 0AJ, United Kingdom

MADE IN THE EU  
[info@grenade.com](mailto:info@grenade.com) [www.grenade.com](http://www.grenade.com)

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