



GOLD STANDARD® 100% WHEY

FOR MUSCLE
SUPPORT &
RECOVERY

24G
PROTEIN
HELPS BUILD AND
MAINTAIN MUSCLE†

5.5G
BCAAs**
SUPPORTS ENDURANCE
AND RECOVERY

WHEY PROTEIN ISOLATE
PRIMARY SOURCE
BANNED
SUBSTANCE
TESTED

DOUBLE RICH CHOCOLATE NATURALLY & ARTIFICIALLY FLAVORED

100% OF THE PROTEIN FROM WHEY
PROTEIN POWDER DRINK MIX NET WT 1 LB (454 G) 14 SERVINGS
NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

WHY GOLD STANDARD 100% WHEY™?

- Packed with 24 grams of high-quality protein per serving to help build muscle†.
- Whey Protein Isolate (WPI) is the primary ingredient with further carbs and fat 'isolated' out.
- 11 grams of naturally occurring Essential Amino Acids (EAAs) to support muscle recovery.
- The GOLD STANDARD® for protein quality, fueling over 2 billion workout recoveries worldwide since 1998.



OPTIMUM® NUTRITION has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition for over 30 years and in 90+ countries. After careful supplier selection, each ingredient is tested to assure exceptional purity, potency and composition. We hold ourselves to the highest production standards, all so you can unlock your body's full potential.

To find out more about the science and ingredients behind our products, visit OPTIMUMNUTRITION.COM.

31 GRAMS
ABOUT 1 SCOOP
WHEY PROTEIN
POWDER

6-8 FL OZ
COLD WATER,
MILK OR
OTHER
BEVERAGE

30 SECONDS
STIR, SHAKE
OR BLEND UNTIL
DISSOLVED

For best results, mix up your shake 30-60 minutes after you work out, or have it as an anytime snack in your balanced, high-protein diet.

GOLD STANDARD 100% WHEY™ is designed for maximum mixability and superior drinkability.

Check out OPTIMUMNUTRITION.COM for recipes and training tips.



GLUTEN FREE



INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, USG Limited.



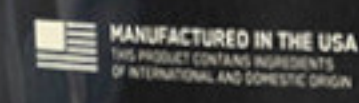
MANUFACTURED BY
OPTIMUM NUTRITION, INC.

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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 Amino Acids

†When taken over time with regular resistance training.



CONTENTS SOLD BY
WEIGHT NOT VOLUME.

Nutrition Facts

14 servings per container
Serving size About 1 Scoop (31g)

Amount per serving	Calories	120
		% Daily Value*
Total Fat 1g		1%
Saturated Fat 0.5g		3%
Cholesterol 35mg		12%
Sodium 105mg		5%
Total Carbohydrate 4g		1%
Total Sugars 1g		
Protein 24g		48%
Calcium 130mg		10%
Potassium 150mg		4%

Not a significant source of trans fat, dietary fiber, added sugars, vitamin D and iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavor, Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium, Lactase.

CONTAINS: MILK AND SOY.

STORE IN A COOL, DRY PLACE.

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



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