

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 has fueled billions of workout recoveries worldwide.



STRENGTH
TRAINING



SPORTS



ACTIVE
LIFESTYLE

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 35 years and in 90+ countries. After careful supplier selection, ingredients are tested to assure 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.



GOLD STANDARD® 100% WHEY

Nutrition Facts

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

Amount per serving
Calories 120

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Cholesterol 60mg	20%
Sodium 130mg	6%
Total Carbohydrate 3g	1%
Total Sugars 2g	
Protein 24g	48%
Calcium 140mg	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, Hydrolyzed Whey Protein), Sunflower and/or Soy Lecithin, Natural and Artificial Flavor, Citric Acid, Sucralose, Red 40 Lake.

CONTAINS: MILK AND SOY.



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 anytime to boost your protein intake.

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

Check out OPTIMUMNUTRITION.COM for recipes and training tips.

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.



AUTHENTIC
OPTIMUM NUTRITION
PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC



**NO ARTIFICIAL
GROWTH
HORMONES***

*NO SIGNIFICANT DIFFERENCE HAS BEEN SHOWN
BETWEEN MILK DERIVED FROM RBST-TREATED AND
NON-RBST TREATED COWS.



INFORMED
CHOICE
REGULARLY
TESTED FOR
BANNED
SUBSTANCES

**GLUTEN
FREE**

**Naturally Occurring Amino Acids

†When taken over time with regular resistance training

**FOR MUSCLE
SUPPORT &
RECOVERY**

**24g
PROTEIN**

HELPS BUILD AND
MAINTAIN MUSCLE‡

**5.5g
BCAAs****

SUPPORTS
MUSCLE RECOVERY

**WHEY PROTEIN ISOLATE
PRIMARY SOURCE**

**BANNED
SUBSTANCE
TESTED**

DELICIOUS STRAWBERRY ARTIFICIALLY FLAVORED

**100% OF
THE PROTEIN
FROM WHEY**

PROTEIN POWDER DRINK MIX NET WT 2 LB (907 G)

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

29 SERVINGS

MANUFACTURED FOR GLANBIA
PERFORMANCE NUTRITION (NA), INC.

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MANUFACTURED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS
OF INTERNATIONAL AND DOMESTIC ORIGIN



**CONTENTS SOLD
BY WEIGHT NOT
VOLUME. SETTLING
WILL OCCUR.**

STORE IN A COOL, DRY PLACE.
SERVING SCOOP INCLUDED, BUT
MAY SETTLE TO THE BOTTOM
DURING SHIPPING.



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Discard Seal,
Empty & Replace
Lid and Scoop
how2recycle.info

OPTIMUM NUTRITION
IS A PROUD PARTNER
WITH HOW2RECYCLE.