

## 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.



STRENGTH  
TRAINING



SPORTS  
PERFORMANCE



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 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](http://OPTIMUMNUTRITION.COM).



# GOLD STANDARD® 100% WHEY

## Nutrition Facts

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

Amount per serving	% Daily Value*
<b>Calories 120</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Total Sugars 2g	
<b>Protein</b> 24g	<b>48%</b>
Calcium 130mg	10%
Potassium 160mg	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, Cookie Crumbs (Sugar, Rice Flour, Cocoa Powder (Processed with Alkali), Canola Oil, Salt), Lecithin, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Salt, Sucralose, Lactase.

**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 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](http://OPTIMUMNUTRITION.COM) for recipes and training tips.



**NO ARTIFICIAL  
GROWTH  
HORMONES\***

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



**AUTHENTIC  
OPTIMUM NUTRITION  
PRODUCT**  
[OPTIMUMNUTRITION.COM/AUTHENTIC](http://OPTIMUMNUTRITION.COM/AUTHENTIC)

**GLUTEN  
FREE**



**Trusted by sport**

**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, LGC Limited.

**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** ✓

**COOKIES & CREAM** NATURALLY &  
ARTIFICIALLY FLAVORED

**100% OF  
THE PROTEIN  
FROM WHEY**

**PROTEIN POWDER DRINK MIX NET WT 4.65 LB (2.11 KG) 68 SERVINGS**

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

STORE IN A COOL, DRY PLACE.

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



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**MANUFACTURED BY  
OPTIMUM NUTRITION, INC.**

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

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

**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.