

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

75 servings per container
Serving size 30g (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 2g **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, Hydrolyzed Whey Protein), Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Acesulfame Potassium, Sucralose, Red 40.

CONTAINS: MILK AND SOY.



30 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.

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

STRAWBERRY BANANA ARTIFICIALLY FLAVORED

100% OF
THE PROTEIN
FROM WHEY

PROTEIN POWDER DRINK MIX

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

NET WT 5 LB (2.27 KG) 75 SERVINGS

MANUFACTURED FOR GLANBIA
PERFORMANCE NUTRITION (NA), INC.
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5226

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



AT TIME
OF FILL

AFTER
SETTLING

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

STORE IN A COOL, DRY PLACE.

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



FPO UPC



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US ONLY



how2recycle.info

PLASTIC
TUB

OPTIMUM NUTRITION
IS A PROUD PARTNER
WITH HOW2RECYCLE.



CHOICE
REGULARLY
TESTED FOR
BANNED
SUBSTANCES