



100% GOLD STANDARD® WHEY

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 ✓

VANILLA ICE CREAM ARTIFICIALLY FLAVORED

100% OF THE PROTEIN FROM WHEY PROTEIN POWDER DRINK MIX NET WT 9.98 LB (4.53 KG) 146 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.



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 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.



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

GLUTEN FREE



Nutrition Facts

146 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 55mg	18%
Sodium 130mg	6%
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, Hydrolyzed Whey Protein), Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium.

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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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. SOME SETTLING WILL OCCUR.



MANUFACTURED BY OPTIMUM NUTRITION, INC.

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