

## 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](http://OPTIMUMNUTRITION.COM).



# GOLD STANDARD® 100% WHEY

## Nutrition Facts

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

Amount per serving	% Daily Value*
<b>Calories</b>	<b>120</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Total Sugars 2g	
<b>Protein</b> 24g	<b>48%</b>
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](http://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](http://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**

**DELICIOUS STRAWBERRY** 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) 73 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



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**

748927028690

V.5.869.0423US  
6069655



US ONLY



how2recycle.info

PLASTIC  
TUB

OPTIMUM NUTRITION  
IS A PROUD PARTNER  
WITH HOW2RECYCLE.



CHOICE  
REGULARLY  
TESTED FOR  
BANNED  
SUBSTANCES