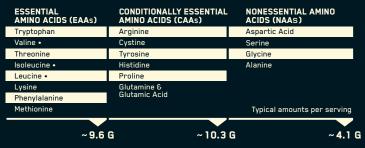
THE TRUE STRENGTH OF CASEIN

Rapid protein use is desirable immediately before and after exercise to help refuel recovering muscles, but delayed digestion and absorption may be more beneficial at other times – including bedtime when your body typically goes for hours without food. Casein proteins are acid sensitive and tend to thicken in the stomach. Because of this, it can take more than twice as long for our Gold Standard Natural 100% Casein™ to be broken down into its amino acid subcomponents than other proteins. Gold Standard Natural 100% Casein[™] is also free of artificial flavors. sweeteners, and synthetic colors and uses only premium micellar caseins to create a protein formula that's truly time-released.





NATURALLY OCCURRING AMINO ACID PROFILE



• Nearly 5g BCAAs

BEYOND THE BASICS

- No Artificial Flavors, Sweeteners, or Synthetic Colors.
- > Loaded with Micellar Casein.
- > 24 grams of time-released protein per serving.
- Nearly 5 grams of BCAAs (Leucine, Isoleucine, and Valine).
- > Nearly 5 grams of Glutamine & Glutamine Precursors in every scoop.

SUGGESTED USE: Consume approximately 1 gram of protein per pound of body weight per day through a combination of high protein foods and supplements. For best results, consume your daily protein allotment over several small meals spread evenly throughout the day. TIP: Try using "slower" Gold Standard Natural 100% Casein[™] with "faster" proteins like Natural 100% Whey Gold Standard™ or Natural Pro Complex[®] at different times for maximum effectiveness. Take Gold Standard Natural 100% Casein™ immediately before bed and in-between meals when delayed protein delivery is desired. Drink Natural 100% Whe Gold Standard[™] or Natural Pro Complex[®] proteins before and immediately after workouts for a rapid "shot" of amino acids.

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CHOCOLATE CRÈME Naturally Flavored

GOLD STANDARD NATURAL 8

NO ARTIFICIAL FLAVORS OR SWEETENERS

NET WT. 4 LB (1,818 G)





Nutrition Facts

Serving Size 1 Scoop (37.5g) Servings Per Container 48

Amount Per S		Calories fror	n Fat 15		
Calones	40				
Total Fat	1	% D ai	ily Value*		
Total Fat	<u> </u>		2%		
Saturated	Fat 0.5g		3%		
<i>Trans</i> Fat C)g				
Cholester	ol 20mg		7 %		
Sodium 27	'Omg		11%		
Total Carb	oohydrat	te 8g	3%		
Dietary Fib	er 1g		4%		
Sugars 4g					
Protein 24	g		48%		
Vitamin A 09			Vitamin C 0%		
Calcium 409	%•	Iron	2%		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:					
	Calories:	2,000	2,500		
Total Fat Sat. Fat Cholesterol Sodium Total Carbohydr Dietary Fiber Protein	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g 50g	80g 25g 300mg 2,400mg 375g 30g 65g		
Calories per gra Fat 9	ım: Carbohydı	rate 4 •	Protein 4		

NGREDIENTS: Micellar Casein, Cocoa (Processed with Alkali), Natural Flavors Honey Powder, Evaporated Cane Juice, Salt, Lecithin, Cellulose Gum, Reb A (Natural Stevia Leaf Sweetener).

ALLERGEN INFORMATION: CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS.



975 Meridian Lake Dr. Aurora, IL 60504

DIRECTIONS

SHAKER: Using a shaker cup is the easiest and most convenient way to mix up a consistently great casein shake every time. Just add one rounded scoop of Gold Standard Natural 100% Casein™ to your shaker cup and then pour in 10-12 oz of your preferred beverage. Cover and shake for 25-30 seconds. TIP: Adjust the intensity of your Gold Standard Natural 100% Casein[™] by varying the amount of liquid that you use to prepare it. For a bolder flavor with slightly more body and sweetness, mix one scoop with 8-10 oz of water, milk, or your favorite beverage For a milder tasting, less sweet shake, use 12-14 oz of liquid per scoop. Don't have a shaker cup? Visit www.optimumnutrition.com and order a custom shaker, or visit

your local health food store or gym

BLENDER: Add one rounded scoop of Gold Standard Natural 100% Casein™ to a blender filled with 10-12 oz of water, milk, or your favorite beverage. Blend for 20-30 seconds. Then add 3-4 ice cubes and blend for an additional 30 seconds. SHAKE UP YOUR SHAKE: By adding a few high-energy ingredients to your shake you can blend up a delicious meal: try adding fresh or frozen fruits (strawberries, bananas, peaches, etc.), peanut butter, flaxseed oil, yogurt, coconut, slivered almonds, or other ingredients. STACK YOUR SHAKE: By adding supplements like Micronized Creatine, Glutamine, Taurine, and/or INSTANTIZED BCAA powders, you can make Gold Standard Natural 100% Casein[™] an even more powerful recovery product.

SPOON STIRRED: If you forgot your shaker cup or don't have time to get out the blender, you can just add one rounded scoop of Gold Standard Natural 100% Casein™ to a glass filled with 10-12 oz of cold water, milk, or your favorite beverage. Then mix it up with a spoon for about 30 seconds or until powder is dissolved.

NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE, KEEP OUT OF REACH OF CHILDREN, CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT, NURSING A BABY, OR UNDER 18 YEARS OF AGE, STORE IN A COOL, DRY PLACE, CONTENTS SOLD BY WEIGHT NOT VOLUME