

## DIRECTIONS:

**SPoon STIRRED:** Gold Standard 100% Whey™ is instantized. That means if you forget your shaker cup or don't have time to get out the blender, just add one rounded scoop of Gold Standard 100% Whey™ to a glass filled with 6-8 oz of water or your favorite beverage. Then mix it up with a spoon. Stir for about 30 seconds or until powder is completely dissolved. **TIP:** Adjust the taste of your about Gold Standard 100% Whey™ by varying the amount of liquid that you use to prepare it. For a bolder flavor with slightly more body and sweetness, mix each scoop with 4-6 oz of water, milk, or your favorite beverage. For a milder tasting, less sweet shake, use 8-10 oz of liquid per scoop.

**SHAKER CUP:** Bringing a shaker cup with you to the gym is the best way to get a dose of protein immediately after your workout. Just pour in 6-8 oz of your preferred beverage and then add one rounded scoop of Gold Standard 100% Whey™ to your shaker cup. Cover and shake for 25-30 seconds. Don't have a shaker cup? Visit your local health food store, gym, or [optimumnutrition.com](http://optimumnutrition.com) to order a custom ON shaker.

**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.

## BEYOND THE BASICS

- ▶ Nearly 79% Protein by Weight (24g of Protein per 30.4g Serving Size).
- ▶ Whey Protein Isolates (WPI) Main Ingredient.
- ▶ Whey Protein Microfractions from Whey Protein Isolate and Ultra-Filtered Whey Protein Concentrate.
- ▶ Over 4 Grams of Naturally Occurring Glutamic Acid in Each Serving.
- ▶ More than 5 Grams of the Naturally Occurring Branched Chain Amino Acids (BCAAs) Leucine, Isoleucine, and Valine in Each Serving.
- ▶ The "Gold Standard" for Protein Quality.

## NATURALLY OCCURRING AMINO ACID PROFILE

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CEAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine •	Cysteine	Serine
Threonine	Tyrosine	Glycine
Isoleucine •	Proline	Alanine
Leucine •		
Lysine	Glutamic Acid	
Methionine		

~ 11 g ~ 7.7 g ~ 5.3 g  
Typical amounts per serving

\* Total BCAAs 5.5 grams

# TRUE STRENGTH™

WWW.OPTIMUMNUTRITION.COM



MANUFACTURED IN THE USA  
The product contains ingredients of international and domestic origin



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FPO UPC

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630-236-0097 TRUESTRENGTH.COM



MANUFACTURED BY  
OPTIMUM NUTRITION

ALLERGEN INFORMATION: CONTAINS MILK AND SOY  
(LEUCIN) INGREDIENTS.  
STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY  
WEIGHT NOT VOLUME.

**INGREDIENTS:** Protein Blend (Whey Protein Isolates, Whey Protein Concentrate, Whey Peptides), Cocoa (Processed with Alkali), Lecithin, Natural and Artificial Flavors, Acesulfame Potassium, Lactase.

Calories per gram:	
Protein	4
Carbohydrate	4
Fat	9

Calories:	
Total Fat	2,500
Less than 20g	80g
Less than 25g	300mg
Less than 66g	2,400mg
Sodium	300mg
Less than 2,400mg	2,400mg
Total Carbohydrate	30g
Less than 25g	30g
Dietary Fiber	50g
Protein	65g

Your calorie needs:  
2,000  
Percent Daily Values are based on a diet of 2,000 calories.  
Your Daily Values may be higher or lower depending on

Not a Significant Source of Dietary Fiber.

Vitamin C	0%
Vitamin A	0%
Calcium	8%
Iron	2%

**Protein 24g 48%**

**Total Fat 1g 2%**

**Saturated Fat 0.5g 3%**

**Trans Fat 0g**

**Cholesterol 30mg 10%**

**Sodium 130mg 5%**

**Total Carbohydrate 3g 1%**

**Sugars 1g**

**Amount Per Serving**

**Calories 120** Calories from Fat 10

**% Daily Value\***

Serving Size 1 Rounded Scoop (30.4g)

**Servings Per Container 14**

**Nutrition Facts**