

PERFORMANCE  
**WHEY**<sup>™</sup>



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**Nutrition Facts**

Serving Size 1 Rounded Scoop (38g)  
Servings Per Container 25

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 35
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Sugars 3g	
<b>Protein</b> 22g	<b>44%</b>

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

Not a Significant Source of Dietary Fiber.  
\* 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	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Hydrolyzed Whey Protein Concentrate), Creamer (Glucose Syrup Solids, Coconut Oil, Sodium Caseinate, Dipotassium Phosphate, Silicon Dioxide, Titanium Dioxide, Mono & Diglycerides, Turmeric and Annatto Extracts, Artificial Flavors), Medium Chain Triglycerides, Natural and Artificial Flavors, Lecithin, Acesulfame Potassium, Sucralose.

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

**DIRECTIONS:**  
**ULTRA-CONCENTRATED WHEY PROTEIN SHOT** - Mix one rounded scoop of Performance Whey<sup>™</sup> with 3-4 ounces of cold water or milk for 15-20 seconds.

**WHEY PROTEIN SHAKE** - Add one rounded scoop of Performance Whey<sup>™</sup> to a glass or shaker cup filled with 6-8 ounces of cold water, milk, or juice. Mix for 20-30 seconds. Store in a cool, dry place.

**MAKES A SHOT OR A SHAKE**



- Mixes Easily - Shaker Cup Optional
- Milkshake Taste in 3-4 or 6-8 oz of Water
- Advanced Blend of All-Whey Proteins
- ON Quality at an Exceptional Value

**THE TRUE STRENGTH OF VERSATILITY**

ON's latest industry first is an uncompromising blend of whey proteins designed to provide anyone who's pursuing a performance goal with a versatile combination of mixability, convenience and value along with ON's legendary quality. Because it's instantized, our Performance Whey<sup>™</sup> Ultra-Filtered & Concentrated Blend mixes up effortlessly in as little as 3 to 4 ounces of water using just a glass and spoon. Thirsty for more? A 6 to 8 ounce shake goes down with the same smooth milkshake taste. This superior quality performance blend is ready to go to work before and after workouts, in between meals, or any other time that you need a quick hit of premium whey protein.



**THE ULTRA-FILTERED & CONCENTRATED WHEY BLEND**

- Ultra-Filtered & Concentrated Whey Protein
- Instantized for Easy Mixing
- Smooth Drinking Milkshake Taste



1 (800) 705-5226 TRUESTRENGTH.COM

**ULTRA-FILTERED & CONCENTRATED 100% WHEY PROTEIN COMPLEX<sup>†</sup>**

**VANILLA SHAKE**  
Naturally & Artificially Flavored



**25**

**SERVINGS**

Notice: Use this product as a food supplement only. Do not use for weight reduction.

NET WT. 2.09 LB (950 G) PROTEIN POWDER DRINK MIX

**22G**  
PROTEIN

**5G\***  
BCAAs

**3G\***  
GLUTAMIC ACID

MANUFACTURED BY OPTIMUM NUTRITION **ON**<sup>™</sup>  
975 Meridian Lake Dr., Aurora, IL 60504

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

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SCAN THIS QR CODE with your smartphone for further info and promotions

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



†100% of protein is whey protein  
\*Naturally Occurring