

PERFORMANCE
WHEY[™]



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Nutrition Facts	
Serving Size 1 Rounded Scoop (39g)	
Servings Per Container 25	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 140mg	6%
Total Carbohydrate 9g	3%
Sugars 4g	
Protein 22g	44%
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 2%
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

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

WHEY PROTEIN SHAKE - Add one rounded scoop of Performance Whey[™] 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

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), Cocoa (Processed with Alkali), Medium Chain Triglycerides, Natural and Artificial Flavors, Lecithin, Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Acesulfame Potassium, Sucralose.

ALLERGEN INFORMATION: CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS

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[™] 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*

CHOCOLATE SHAKE
Naturally & Artificially Flavored

25 SERVINGS

NET WT. 2.15 LB (975 G) PROTEIN POWDER DRINK MIX

22G PROTEIN | **5G*** BCAAs | **3G*** GLUTAMIC ACID

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

MANUFACTURED BY OPTIMUM NUTRITION **ON**[™]
975 Meridian Lake Dr., Aurora, IL 60504

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

SN 1610919127



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