

DIRECTIONS:

SPON STRIED: Gold Standard 100% Whey™ is INSTANTIZED. That means if you forgot 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 8-10 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. **TFP:** Adjust the taste of your 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 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

- > 77% Protein by Weight (24g of Protein per 31g 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 Glutamine & 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	
Phenylalanine		
Methionine		

~ 11 G ~ 7.7 G ~ 5.3 G

Typical amounts per serving

* Total BCAAs 5.5 grams

TRUE STRENGTH™

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

Nutrition Facts

Serving Size 1 Rounded Scoop (31g)
Servings Per Container 14

Amount Per Serving	Calories from Fat 15
Calories 120	
% Daily Value*	

Total Fat 1.5g	
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 65mg	18%
Sodium 130mg	5%
Total Carbohydrate 3g	1%
Sugars 2g	
Protein 24g	48%

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	2,500	Less than 65g	80g
Total Fat	Less than 2,000	Less than 20g	25g
Sat. Fat	Less than 300mg	Less than 25g	300mg
Cholesterol	Less than 2,400mg	Less than 300g	3,750
Total Carbohydrate	25g	Less than 300g	30g
Dietary Fiber	50g		65g
Protein			
Calories per gram:			
Fat 9	•	Carbohydrate 4	•
Protein 4			

INGREDIENTS: Protein Blend (Whey Protein Isolates, Whey Protein Concentrate, Whey

Citric Acid, Sucralose, FD&C Red #40, Lactase. **ALLERGEN INFORMATION:** CONTAINS MILK AND SOY

(L-CITRIN) INGREDIENTS.

STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.



MANUFACTURED BY
OPTIMUM NUTRITION
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