WHY GOLD STANDARD 100% WHEY™?

- Packed with 24 grams of high-quality protein per serving to help build muscle[‡].
- Whey Protein Isolate (WPI) is the primary ingredient with further carbs and fat 'isolated' out.
- 11 grams of naturally occurring Essential Amino Acids (EAAs) to support muscle recovery.
- The GOLD STANDARD® for protein quality, fueling over 2 billion workout recoveries worldwide since 1998.









OPTIMUM® NUTRITION has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition for over 30 years and in 90+ countries. After careful supplier selection, each ingredient is tested to assure exceptional purity, potency and composition. We hold ourselves to the highest production standards, all so you can unlock your body's full potential.

To find out more about the science and ingredients behind our products, visit OPTIMUMNUTRITION.COM.



GOLD STANDARD

















FOR MUSCLE SUPPORT & RECOVERY

24_G PROTEIN HELPS BUILD AND

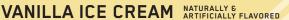
MAINTAIN MUSCLES

BCAAs**

SUPPORTS ENDURANCE AND RECOVERY

WHEY PROTEIN ISOLATE PRIMARY SOURCE





NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION



120

12%

48%

% Daily Value*



ABOUT 1 SCOOP WHEY PROTEIN POWDER





6-8 FL OZ COLD WATER, MILK OR OTHER BEVERAGE



30 SECONDS

STIR, SHAKE OR BLEND UNTIL DISSOLVED

For best results, mix up your shake 30-60 minutes after you work out, or have it as an anytime snack in your balanced, high-protein diet.

GOLD STANDARD 100% WHEY™ is designed for maximum mixability and superior drinkability.

Check out OPTIMUMNUTRITION.COM for recipes and training tips.

Acesulfame Potassium, Lactase.

CONTAINS: MILK AND SOY.

Amount per serving

Calories

Saturated Fat 0.5g

Cholesterol 35ma

Total Carbohydrate 4g Total Sugars 1g

Not a significant source of trans fat, dietary fiber, added sugars,

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

Peptides), Natural and Artificial Flavor, Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose,

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general

Sodium 105ma

Protein 24a

vitamin D and iron.

nutrition advice.

Calcium 130mg

Potassium 150mg

Total Fat 1g

STORE IN A COOL, DRY PLACE

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



MANUFACTURED BY OPTIMUM NUTRITION, INC.

3500 Lacey Road, Suite 1200 Downers Grove, IL 60515 1 (800) 705-5226



**Naturally Occurring ‡When taken over time with regular resistance training

exercise program.

Suggested Use: For healthy

to meet your daily protein

adults, consume enough protein

requirements with a combination

of high protein foods and protein

supplements throughout the day

as part of a balanced diet and

CONTENTS SOLD BY WEIGHT NOT VOLUME.

SOME SETTLING WILL OCCUR