

DIRECTIONS: SPOON STIRRED: 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 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 amount of liquid to your preference. 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 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.

BLENDER: Add one scoop of Gold Standard 100% Whey™ to a blender filled with 6-8 oz of water or your favorite beverage. Blend for 20-30 seconds. Then add 1 or 2 ice cubes and blend for an additional 30 seconds. **SHAKE UP YOUR SHAKE:** By adding fresh or frozen fruits, peanut butter, flaxseed oil, coconut and other ingredients, you can make an even more delicious shake. **STACK YOUR SHAKE:** You can make Gold Standard 100% Whey™ an even better post workout product by adding supplements like creatine, glutamine, BCAA, and concentrated carbohydrate powders.

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.

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

BEYOND THE BASICS

- > 77% Protein by Weight (24g of Protein per 31g Serving Size).
- > Whey Protein Isolate (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 (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine •	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine •	Histidine	Alanine
Leucine •	Proline	
Lysine	Glutamine & Glutamic Acid	
Phenylalanine		
Methionine		

Typical amounts per serving

~ 11 G

~ 7.7 G

~ 5.3 G

• Total BCAAs 5.5 grams

TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM



INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

Nutrition Facts

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

Amount Per Serving

Calories 120 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 115mg **5%**

Total Carbohydrate 3g **1%**

Sugars 1g

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:	2,000	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 Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavors, Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium, Lactase.

ALLERGEN INFORMATION: CONTAINS MILK AND SOY INGREDIENTS.

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MANUFACTURED BY
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