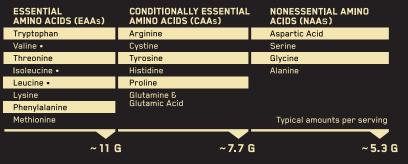
# THE TRUE STRENGTH OF WHEY

Whey Protein Isolates (WPIs) are the purest form of whey protein that currently exists. WPIs are costly to use, but rate among the best proteins that money can buy. That's why they're the first ingredient you read on the Gold Standard 100% Whey™ label. By using WPI as the primary ingredient along with premium ultra-filtered whey protein concentrate (WPC), we're able to pack 24 grams of muscle-building protein into every serving. ON's attention to detail also extends to mixability. This superior quality powder has been instantized to mix easily using a shaker cup or just a glass and spoon. There's no doubt that this is the standard by which all other whey proteins are measured.

### **"NATURALLY OCCURRING AMINO ACID PROFILE**



• Total BCAAs 5.5 grams

## **BEYOND THE BASICS**

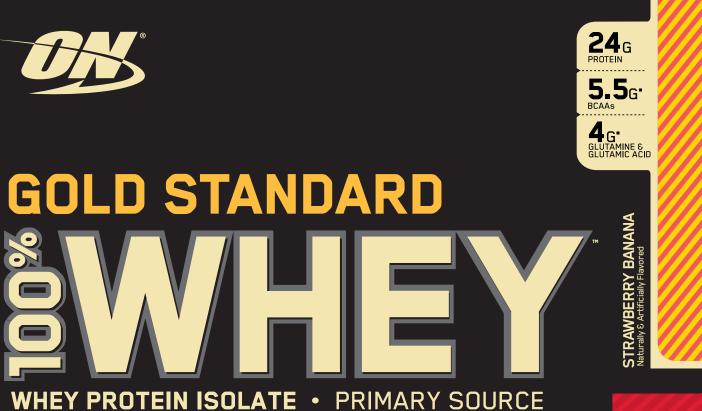
- > 80% Protein by Weight (24g of Protein per 30g Serving Size).
- Whey Protein Isolate (WPI) Main Ingredient.
- > Whey Protein Microfractions from Whey Protein Isolate and Ultra-Filtered Whey Protein Concentrate.
- > Over 4 Grams of Naturally OccuringGlutamine & Glutamic Acid in Each Serving.
- More than 5 Grams of the Naturally Occuring Branched
- Chain Amino Acids (BCAAs) Leucine, Isoleucine, and Valine in Each Serving.
- The "Gold Standard" for Protein Quality



**INFORMED-CHOICE** is a quality assurance program for sports nutrition products. The rogram certifies that nutritional supplemen hat bear the informed-Choice logo have beer







TRUE STRENGTH

WWW OPTIMUMNUTRITION COM



UTHENTIC OPTIMUM NUTRITION PRODUCT

PROTEIN POWDER DRINK MIX NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION. NET WT. 5 LB (2.27 KG)

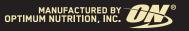


**Nutrition Facts** Servings Per Container 75

Amount Per Serving			
<b>Calories</b>	120	Calories fror	n Fat 10
% Daily Value*			
<b>Total Fat</b>	1g		2%
Saturated			3%
Trans Fat (			
Cholesterol 40mg 1			13%
Sodium 60mg			3%
Total Carbohydrate 2g			1%
Sugars 2g	-	- 5	
Protein 24			48%
	.9		
Vitamin A 0%  • Vitamin C 0%			nin 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 Sat. Fat Cholesterol Sodium Total Carbohyd Dietary Fiber Protein		65g 20g 300mg 2,400mg 300g 25g 50g	80g 25g 300mg 2,400mg 375g 30g 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, Soy Lecithin, Acesulfame Potassium, Sucralose, FDEC Red #40, Lactase.

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



975 Meridian Lake Dr., Aurora, IL 60504

POON 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 taste of your Gold Standard 100% Whey™ by varying the amount of liquid tha 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 scoop of Gold Standard 100% Whey™ to your shaker cup. Cover and shake for 25-30 seconds.

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% Whev™ an even better post workout product by adding supplements like Creatine Glutamine, BCAA, and concentrated carbohydrate powders

THINK OUTSIDE THE GLASS: Gold Standard 100% Whev™ can be used for more than just protein shakes. Try mixing a scoop into oatmeal, yogurt, or the milk that you pour over your morning breakfast cereal. Better yet, increase the protein content of muffins, cookies, brownies, etc. by adding a scoop or two to your baked goods recipes.

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.