### **GOLD STANDARD 100% ISOLATE**

To create GOLD STANDARD 100% ISOLATE™, we start by selecting only the highest quality whey protein which undergoes a series of sophisticated filtration processes to 'isolate' out excess fat, cholesterol, and sugar. A portion of this Whey Protein Isolate is then hydrolyzed broken down into smaller chains of amino acids - for easier digestion. The final product is a fast digesting complete protein containing no more than 1 gram of carbohydrates, zero grams of fat and more than 80% of pure protein per serving. We put in the hard work to assure superior quality, so you can focus on achieving ambitious performance goals.

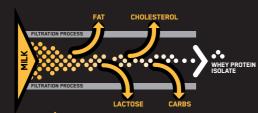
Peel back the label to learn more about our quality credentials.

### **BEYOND THE BASICS**

- · 25 Grams of Pure Whey Protein Isolate
- 1 Gram of Carbs per Serving
- Hydrolyzed and Ultra Filtered Whey Protein Isolate
- Each Serving of GOLD STANDARD 100% ISOLATE™ is Composed of at Least 80% Protein
- Delicious Taste in 6-8 Fluid Ounces of Cold Water
- 5.5 Grams of Naturally Occurring BCAAs
- 4.3 Grams of Naturally Occurring Glutamine & Glutamic Acid
- 11.4 Grams of Naturally Occurring Essential Amino Acids



## **ULTRA FILTERED FOR EXCEPTIONAL PURITY**



sugars, and other materials are removed so that 0 grams of total fat and I gram of carbohydrates remain in each serving of Gold Standard 100% Isolate<sup>r</sup>



(800) 705-5226 TRUESTRENGTH.COM





# GOLD STANDARD

HYDROLYZED AND ULTRA-FILTERED WHEY PROTEIN ISOLATE



# **Nutrition Facts**

24 servings per container

Serving size About 1 Scoop (30g)

Amount per serving

### Calories

	% Daily Value*
Total Fat 0g	0%
Cholesterol <5mg	2%
Sodium 135mg	6%
Total Carbohydrate 1g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 25g	50%
Calcium 140mg	10%
Potassium 200mg	4%
Not a significant source of satur	ated fat trans fat

dietary fiber, vitamin D and iron.

\*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 nutrition advice

INGREDIENTS: Partially Hydrolyzed Whey Protein Isolate, Whey Protein Isolate, Natural and Artificial Flavor, Lecithin, Salt, Sucralose,

CONTAINS: Milk and Sov.



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



In addition to testing each ingredient that arrives at our factory to verify precise specifications, OPTIMUM NUTRITION tests every product at different stages of production. This uncompromising commitment to quality assurance is what distinguishes us as a company.

TO LEARN MORE ABOUT WHAT SEPARATES OPTIMUM NUTRITION FROM THE REST, PEEL BACK THE LABEL OR VISIT OPTIMUMNUTRITION.COM/TRACKMYTUB

DIRECTIONS: Mix 1 scoop (30g) with 6 to 8 fluid ounces of cold water.

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