THE TRUE STRENGTH OF WHEY

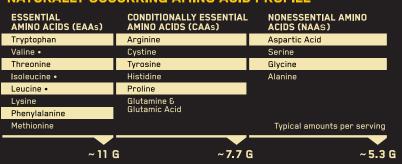
Whey Protein Isolates (WPIs) are the purest form of whey protein that currently exists. WPIs are costly to use, but rate among the best proteins that money can buy. That's why they're the first ingredient you read on the Gold Standard 100% Whey™ label. By using WPI as the primary ingredient along with 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.

TRUE STRENGTH®





"NATURALLY OCCURRING AMINO ACID PROFILE



• Total BCAAs 5.5 grams

BEYOND THE BASICS

- > 75% Protein by Weight (24g of Protein per 32g 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 Occuring Branched Chain Amino Acids (BCAAs) Leucine, Isoleucine, and Valine in Each Serving.
- > The "Gold Standard" for Protein Quality.







GOLD STANDARD



WHEY PROTEIN ISOLATE • PRIMARY SOURCE







5.5_G

4_G GLUTAMINE & GLUTAMIC AC

> Total Carbohydrate 4 Protein 240

Servings Per Container 71

Amount Per Serving

Saturated Fat 0.5a

Cholesterol 40mg

Calories 130

Total Fat 1.5

Trans Fat 0g

Sodium 70mg

ot a Significant Source of Dietary Fiber.

Nutrition Facts

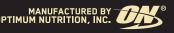
Calories from Fat

% Daily Value

ur calorie needs:			
	Calories:	2,000	2,500
al Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
olesterol	Less than	300mg	300mg
dium	Less than	2,400mg	2,400mg
al Carbohydrate		300g	375g
Dietary Fiber	r	25g	30g
otein		50g	65g
lories per g	ram:		
· a ·	Carbobydrate 4 Prote		Protein 4

Whey Protein Concentrate, Whey Peptides), Coffee, Creamer (Sunflower Oil, Maltodextrin, Modified Acesulfame Potassium, Sucralose, Aminogen®

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



975 Meridian Lake Dr., Aurora, IL 60504

POON STIRRED: Gold Standard 100% Whey™ is nstantized. 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 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 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 bes and blend for an additional 30 seconds SHAKE UP JR SHAKE: By adding fresh or frozen fruits, peanut outter, flaxseed oil, coconut, and other ingredients, you car nake 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 utamine, BCAA, and concentrated carbohydrate powders

INK 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 Food Starch, Dipotassium Phosphate, Tricalcium
Phosphate, Tocopherols), Lecithin, Natural Flavors,
Phosphate, Tocopherols), Lecithin, Natural Flavors,
Protein content of muffins, cookies, brownies, etc. by your morning breakfast cereal. Better yet, increase the 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.

