

THE TRUE STRENGTH OF CASEIN

Rapid protein use is desirable immediately before and after exercise to help refuel recovering muscles, but delayed digestion and absorption may be more beneficial at other times – including bedtime when your body typically goes for hours without food.

Casein proteins are acid sensitive and tend to thicken in the stomach. Because of this, it can take more than twice as long for our Gold Standard Natural 100% Casein™ to be broken down into its amino acid subcomponents than other proteins. Gold Standard Natural 100% Casein™ is also free of artificial flavors, sweeteners, and synthetic colors and uses only premium micellar caseins to create a protein formula that's truly time-released.

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM



MANUFACTURED IN THE USA
IN OUR NSF GMP REGISTERED FACILITY
This product contains ingredients of international and domestic origin



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

~9.6 G ~10.3 G ~4.1 G

• Nearly 5g BCAAs

BEYOND THE BASICS

- > No Artificial Flavors, Sweeteners, or Synthetic Colors.
- > Loaded with Micellar Casein.
- > 24 grams of time-released protein per serving.
- > Nearly 5 grams of BCAAs (Leucine, Isoleucine, and Valine).
- > Nearly 5 grams of Glutamine & Glutamine Precursors in every scoop.

SUGGESTED USE: Consume approximately 1 gram of protein per pound of body weight per day through a combination of high protein foods and supplements. For best results, consume your daily protein allotment over several small meals spread evenly throughout the day.

TIP: Try using "slower" Gold Standard Natural 100% Casein™ with "faster" proteins like Natural 100% Whey Gold Standard™ or Natural Pro Complex® at different times for maximum effectiveness. Take Gold Standard Natural 100% Casein™ immediately before bed and in-between meals when delayed protein delivery is desired. Drink Natural 100% Whey Gold Standard™ or Natural Pro Complex® proteins before and immediately after workouts for a rapid "shot" of amino acids.



12-110-424



CHOCOLATE CRÈME

Naturally Flavored

100% GOLD STANDARD NATURAL CASEIN™

NO ARTIFICIAL FLAVORS OR SWEETENERS

SLOW-ACTING PROTEIN

24G
PROTEIN

9.6G
ESSENTIAL
AMINO ACIDS

4G
SUGAR

48
SERVINGS



Nutrition Facts

Serving Size 1 Scoop (37.5g)
Servings Per Container 48

Amount Per Serving	% Daily Value*
Calories 140	Calories from Fat 15
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 24g	48%

Vitamin A 0% • Vitamin C 0%
Calcium 40% • Iron 2%

*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: Micellar Casein, Cocoa (Processed with Alkali), Natural Flavors, Honey Powder, Evaporated Cane Juice, Salt, Lecithin, Cellulose Gum, Reb A (Natural Stevia Leaf Sweetener).

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

MANUFACTURED BY
OPTIMUM NUTRITION
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DIRECTIONS:

SHAKER: Using a shaker cup is the easiest and most convenient way to mix up a consistently great casein shake every time. Just add one rounded scoop of Gold Standard Natural 100% Casein™ to your shaker cup and then pour in 10-12 oz of your preferred beverage. Cover and shake for 25-30 seconds.

TIP: Adjust the intensity of your Gold Standard Natural 100% Casein™ by varying the amount of liquid that you use to prepare it. For a bolder flavor with slightly more body and sweetness, mix one scoop with 8-10 oz of water, milk, or your favorite beverage. For a milder tasting, less sweet shake, use 12-14 oz of liquid per scoop. Don't have a shaker cup? Visit www.optimumnutrition.com and order a custom shaker, or visit your local health food store or gym.

BLENDER: Add one rounded scoop of Gold Standard Natural 100% Casein™ to a blender filled with 10-12 oz of water, milk, or your favorite beverage. Blend for 20-30 seconds. Then add 3-4 ice cubes and blend for an additional 30 seconds.

SHAKE UP YOUR SHAKE: By adding a few high-energy ingredients to your shake you can blend up a delicious meal: try adding fresh or frozen fruits (strawberries, bananas, peaches, etc.), peanut butter, flaxseed oil, yogurt, coconut, slivered almonds, or other ingredients. **STACK YOUR SHAKE:** By adding supplements like Micronized Creatine, Glutamine, Taurine, and/or INSTANTIZED BCAA powders, you can make Gold Standard Natural 100% Casein™ an even more powerful recovery product.

SPOON STIRRED: If you forgot your shaker cup or don't have time to get out the blender, you can just add one rounded scoop of Gold Standard Natural 100% Casein™ to a glass filled with 10-12 oz of cold water, milk, or your favorite beverage. Then mix it up with a spoon for about 30 seconds or until powder is dissolved.

NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE. **KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT, NURSING A BABY, OR UNDER 18 YEARS OF AGE.** STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.