## 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.

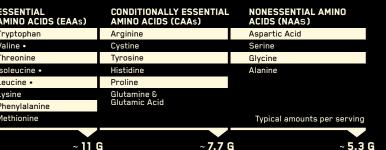
| ESSENTIAL<br>AMINO ACIDS (EAAs) | CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs) | NONESSENTIAL AMINO<br>ACIDS (NAAS) |
|---------------------------------|--|------------------------------------|
| Tryptophan                      | Arginine                                   | Aspartic Acid                      |
| Valine •                        | Cystine                                    | Serine                             |
| Threonine                       | Tyrosine                                   | Glycine                            |
| Isoleucine •                    | Histidine                                  | Alanine                            |
| Leucine •                       | Proline                                    |                                    |
| Lysine                          | Glutamine &                                |                                    |
| Phenylalanine                   | Glutamic Acid                              |                                    |
| Methionine                      |  | Typical amounts per serving        |
|                                 |  |                                    |
| ~ 11 (                          | ~ 7.7 (                                    | G ~ 5.3 (                          |

- 75% Protein by Weight (24g of Protein per 32g Serving Size).
- > Whey Protein Isolates (WPI) Main Ingredient.
- > Over 4 Grams of Glutamine & Glutamic Acid in Each Serving
- More than 5 Grams of the Branched Chain Amino Acids (BCAAs) Leucine, Isoleucine and Valine in Each Serving.









• Total BCAAs 5.5 grams

### **BEYOND THE BASICS**

- > Whey Protein Microfractions from Whey Protein Isolate and Ultra-Filtered Whey Protein Concentrate.
- > The "Gold Standard" for Protein Quality.







**GOLD STANDARD** 

**WHEY PROTEIN ISOLATES • PRIMARY SOURCE** 

4G GLUTAMINE & GLUTAMIC ACI

# **Nutrition Facts**

Servings Per Container 71

Amount Per Serving

otal Carb

|   |                               | . 1 |
|---|-------------------------------|-----|
| alories 120   | Calories from Fat 15          |     |
|   | % Daily Value*                | ·   |
| tal Fat 1.5g  | 2%                            | ,   |
| aturated Fat 1g   | 5%                            | ,   |
| rans Fat 0g   |                               |     |
| nolesterol 40mg   | 13%                           | ,   |
| odium 110mg   | 5%                            | ,   |
| tal Carbohydra  | <b>te</b> 3g <b>1</b> %       | ,   |
| Sugars 2g   |                               |     |
| otein 24g   | 48%                           | ,   |
|   |                               | Н   |
| amin A 0%   | Vitamin C 0%                  | ١   |
| alcium 8%   | Iron 0%                       | . 1 |
| t a Significant Source of E<br>ercent Daily Values are ba | ased on a 2,000 calorie diet. |     |

|       | Calories: | 2,000   | 2,500   | ma  |
|-------|-----------|---------|---------|-----|
|       | Less than | 65g     | 80g     | ma  |
|       | Less than | 20g     | 25g     | pro |
| ol    | Less than | 300mg   | 300mg   |     |
|       | Less than | 2,400mg | 2,400mg | COI |
| ohyd  | Irate     | 300g    | 375g    |     |
| iber  |           | 25g     | 30g     | TH  |
|       |           | 50g     | 65g     | for |
| er gr | am:       |         |         | vnr |

IENTS: Protein Blend (Whey Protein Isolates Whey Protein Concentrate, Whey Peptides), Cocoa (Processed with Alkali), Coffee, Natural and Artificial Flavors, Lecithin, Acesulfame Potassium, Aminogen®, Sucralose, 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 rounded 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 older flavor with slightly more body and sweetness, mix each scoop with 4-6 oz of water, milk, or your favorite beverage. For a milder ting, less sweet shake, use 8-10 oz of liquid per scoop

AKER CUP: Bringing a shaker cup with you to the gym is the best ay to get a dose of protein immediately after your workout. Just pour 6-8 oz of your preferred beverage and then add one rounded 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 ood store, gym, or optimumnutrition.com to order

IDER: Add one rounded scoop of Gold Standard 100% Whey™ to a ender 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 additiona 30 seconds. SHAKE UP YOUR SHAKE: By adding fresh or frozen fruits beanut butter, flaxseed oil, coconut and other ingredients, you can an even more delicious shake, STACK YOUR SHAKE: You can Gold Standard 100% Whey™ an even better post workout luct by adding supplements like creatine, glutamine, BCAA, and

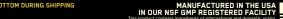
OUTSIDE THE GLASS: Gold Standard 100% Whey™ can be used nore than just protein shakes. Try mixing a scoop into oatmeal. , or the milk that you pour over your morning breakfast cerea Better yet, increase the protein content of muffins, cookies, brownies etc. by adding a scoop or two to your baked goods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

SUGGESTED USE: Consume enough protein to meet your daily protein requirements through a combination of high protein foods and protei supplements. For the best results, consume your daily protein allotment over several small meals spread evenly throughout the day

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

INTENDED FOR HEALTHY ADULTS OVER THE AGE OF 18. STORE IN A COOL, DRY PLACE CONTENTS SOLD BY WEIGHT NOT VOLUME.

Aminogen® is a registered trademark of Triarco Industries. Inc CONTAINS 15MG OF NATURALLY OCCURRING CAFFEINE PER SERVING



TRUE STRENGTH