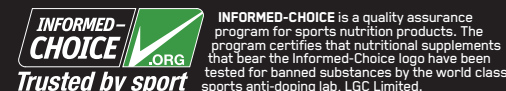


THE TRUE STRENGTH OF WHEY

Whey Protein Isolate (WPI) is the purest form of whey protein that currently exists. WPI is costly to use, but rates among the best proteins that money can buy. That's why it's 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 high quality protein into every serving. This superior quality powder has been instantized for excellent mixability 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.



SERVERING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

*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		

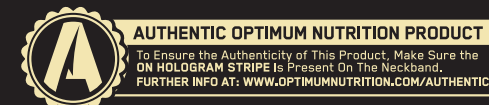
Typical amounts per serving

~ 11 G ~ 7.7 G ~ 5.3 G

• Total BCAAs 5.5 grams

BEYOND THE BASICS

- Whey Protein Isolate (WPI) Main Ingredient.
- Whey Protein Microfractions from Whey Protein Isolate and Ultra-Filtered Whey Protein Concentrate.
- 4 Grams of Naturally Occurring Glutamine and Glutamic Acid in Each Serving.
- 5 Grams of the Naturally Occurring Branched Chain Amino Acids (BCAAs) Leucine, Isoleucine, and Valine in Each Serving.
- The GOLD STANDARD® for Protein Quality.



100% GOLD STANDARD WHEY

WHEY PROTEIN ISOLATE • PRIMARY SOURCE

24 G PROTEIN

5.5 G* BCAAs

4 G* GLUTAMINE & GLUTAMIC ACID

STRAWBERRIES & CREAM
Naturally and Artificially Flavored

100% OF THE PROTEIN FROM WHEY

GLUTEN FREE

BANNED SUBSTANCE TESTED

73 SERVINGS

NET WT 4.98 LB (2.26 KG) PROTEIN POWDER DRINK MIX

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

Nutrition Facts

73 servings per container
Serving size About 1 Scoop (31g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Cholesterol 35mg	12%
Sodium 100mg	4%
Total Carbohydrate 3g	1%
Total Sugars 1g	
Protein 24g	48%
Calcium 140mg	10%
Potassium 140mg	2%

Not a significant source of trans fat, dietary fiber, added sugars, 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: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavor, Lecithin, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Citric Acid, Salt, Beet Juice Powder (Color), Sucralose, Lactase.

CONTAINS: MILK AND SOY.

MANUFACTURED BY
OPTIMUM NUTRITION, INC.

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

DIRECTIONS:

SPOON 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 fl 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 fl oz of water, milk, or your favorite beverage. For a milder tasting, less sweet shake, use 8-10 fl 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 fl 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 fl 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, flax seed oil, coconut and other ingredients, you can make 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, glutamine, BCAA, and concentrated carbohydrate powders.

THINK OUTSIDE THE GLASS: GOLD STANDARD 100% WHEY™ 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.