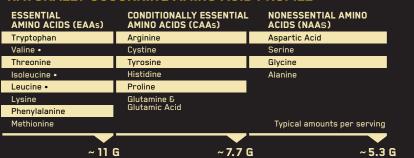
THE TRUE STRENGTH OF WHEY

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

- > 77% Protein by Weight (24g of Protein per 31g Serving Size).
- > Whey Protein Isolate (WPI) Main Ingredient.
- > Whey Protein Microfractions from Whey Protein Isolate and Ultra-Filtered Whey Protein Concentrate.
- Over 4 Grams of Naturally Occuring 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



UTHENTIC OPTIMUM NUTRITION PRODUCT



NEW, IMPROVED **GREAT TASTE**

24_G GLUTAMINE & GLUTAMIC ACI

GOLD STANDARD



WHEY PROTEIN ISOLATE • PRIMARY SOURCE



Nutrition Facts

Servings Per Container 73

Amount Per Serving	
Calories 120 Calor	ies from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 140mg	6%
Total Carbohydrate 3g	1%
Sugars 2g	
Protein 24g	48%
Vitamin A 0% ■	Vitamin C 0%
Calcium 8% •	Iron 0%

ot a Significant Source of Dietary Fiber

alorie needs:				
	Calories:	2,000	2,500	CI
at	Less than	65g	80g	Y
Fat	Less than	20g	25g	bı
sterol	Less than	300mg	300mg	_
m	Less than	2,400mg	2,400mg	m
Carbohydrate		300g	375g	Y
ary Fibei	r	25g	30g	
n		50g	65g	pı
es per g	ram:			G
Carbohydrate 4		Protein 4		

: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Cocoa (Processed with Alkali), Soy Lecithin, Natural and Artificial Flavors, Salt, Creamer (Sunflower Oi odextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols)
Acesulfame Potassium, Sucralose, Lactase.

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

Downers Grove, IL 60515

3500 Lacey Road, Suite 1200

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 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 out 30 seconds or until powder is completely dissolved. ?: Adjust the taste of your Gold Standard 100% Whey™ by rying the amount of liquid that you use to prepare it. For 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 tasting, less sweet shake, use 8-10 oz of liquid per scoop

AKER CUP: Bringing a shaker cup with you to the gym is he 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 our 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 verage. Blend for 20-30 seconds. Then add 1 or 2 ice es and blend for an additional 30 seconds. SHAKE UP SHAKE: By adding fresh or frozen fruits, peanut ter, flaxseed oil, coconut, and other ingredients, you can ke an even more delicious shake. STACK YOUR SHAKE ı can make Gold Standard 100% Whey™ an even better ost workout product by adding supplements like Creatine Itamine, BCAA, and concentrated carbohydrate powders

HINK 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 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

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