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.

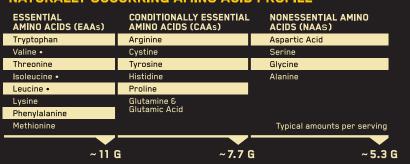


SERVING SCOOP INCLUDED. BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING





"NATURALLY OCCURRING AMINO ACID PROFILE



BEYOND THE BASICS

- Nearly 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 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



GOLD STANDARD



WHEY PROTEIN ISOLATE • PRIMARY SOURCE





Nutrition Facts

Servings Per Container 71

		wat
Amount Per Serving		spo
Calories 130	Calories from Fat 15	con
	% Daily Value*	Sta
Total Fat 1.5g	2%	
Saturated Fat 1g	5%	you bod
Trans Fat 0g		mill
Cholesterol 30mg	10%	SWE
Sodium 110mg	5%	3000
Total Carbohydra	ite 4g 1%	SHA
Sugars 2g		the
Protein 24g	48%	iow
		and
Vitamin A 0%	 Vitamin C 0% 	you
Calcium 8%	• Iron 2%	you
Not a Significant Source of Dietary Fiber.		BLE
* Percent Daily Values are b	pased on a 2,000 calorie diet.	a hi

Less than Sat. Fat Less than Cholesterol Less than Total Carbohydrate Dietary Fiber

Whey Protein Concentrate, Whey Pentides), Cocoa (Processed with Alkali), Natural and Artificial Flavors Lecithin, Salt, Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Acesulfame Potassium, Aminogen[®], Sucralose, Lactase.



975 Meridian Lake Dr., Aurora, IL 60504

Sodium

OON 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 o water or your favorite beverage. Then mix it up with a Stir for about 30 seconds or until powder is letely dissolved. TIP: Adjust the taste of your Gold dard 100% Whey™ by varying the amount of liquid that use to prepare it. For a bolder flavor with slightly more v and sweetness, mix each scoop with 4-6 oz of water , or your favorite beverage. For a milder tasting, less eet shake, use 8-10 oz of liquid per scoop.

KER CUP: Bringing a shaker cup with you to the gym is est way to get a dose of protein immediately after you kout. Just pour in 6-8 oz of your preferred beverage then add one scoop of Gold Standard 100% Whey™ to shaker cup, Cover and shake for 25-30 seconds,

ER: Add one scoop of Gold Standard 10<u>0% Whey™ to</u> nder 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 additional 30 seconds SHAKE UP OUR SHAKE: By adding fresh or frozen fruits, peanut outter, flaxseed oil, coconut, and other ingredients, you ca make an even more delicious shake. STACK YOUR SHAKI You can make Gold Standard 100% Whey™ an even better post workout product by adding supplements like Creatine Glutamine, BCAA, and concentrated carbohydrate powders

HINK 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 o 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.

