

WHY GOLD STANDARD 100% CASEIN™?

- Packed with 24 grams of slow digesting (when compared to whey protein) premium micellar casein protein to support muscle recovery.
- A slow digesting protein may be used to support muscle recovery at times you go without food such as while you sleep or between meals.
- 9 grams of naturally occurring Essential Amino Acids (EAAs) to support muscle recovery.



ACTIVE LIFESTYLE



SPORTS



STRENGTH TRAINING

OPTIMUM NUTRITION® has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition for over 35 years and in 90+ countries. After careful supplier selection, ingredients are tested to assure purity, potency and composition. We hold ourselves to the highest production standards, all so you can unlock your body's full potential.

To find out more about the science and ingredients behind our products, visit OPTIMUMNUTRITION.COM.



GOLD STANDARD® 100% CASEIN

Nutrition Facts

25 servings per container
Serving size 33g (About 1 Scoop)

Amount per serving
Calories 120
% Daily Value*

Total Fat 0.5g	1%
Cholesterol 15mg	5%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Calcium 500mg	40%
Magnesium 85mg	20%
Zinc 11mg	100%

Not a significant source of saturated fat, trans fat, vitamin D, iron and potassium.

*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: Micellar Casein, Natural and Artificial Flavor, Inulin, Salt, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Sunflower and/or Soy Lecithin, Magnesium Oxide, Sucralose, Zinc Sulfate Monohydrate.

CONTAINS: MILK AND SOY.



33 GRAMS
ABOUT 1 SCOOP
CASEIN PROTEIN
POWDER



10-12 FL OZ
COLD WATER,
MILK OR OTHER
BEVERAGE



30 SECONDS
STIR, SHAKE
OR BLEND UNTIL
DISSOLVED

For best results, mix up your shake 30-60 minutes before bed, or have it anytime to boost your protein intake.

Use 8-10 FL OZ for a thicker consistency and 12-14 FL OZ for a thinner consistency.

GOLD STANDARD 100% CASEIN™ is designed for maximum mixability and superior drinkability.

Check out OPTIMUMNUTRITION.COM for recipes and training tips.

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.



**AUTHENTIC
OPTIMUM NUTRITION
PRODUCT**
OPTIMUMNUTRITION.COM/AUTHENTIC



**NIGHTTIME
RECOVERY**

Excellent source of
MAGNESIUM & ZINC



OPTIMUM NUTRITION
IS A PROUD PARTNER
WITH HOW2RECYCLE.

**NIGHTTIME &
BETWEEN MEALS
MUSCLE RECOVERY**

**24g
PROTEIN**

**9g
EAAs****

**1g
SUGAR**

CREAMY VANILLA ARTIFICIALLY FLAVORED

100% OF THE PROTEIN FROM MICELLAR CASEIN PROTEIN POWDER DRINK MIX NET WT 1.81 LB (825 G) 25 SERVINGS
NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT CONTROL. **Naturally Occurring Amino Acids

MANUFACTURED FOR GLANBIA
PERFORMANCE NUTRITION (NA), INC.
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MANUFACTURED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS
OF INTERNATIONAL AND U.S. ORIGIN



AT TIME OF FILL
AFTER SETTLING
CONTENTS SOLD BY WEIGHT NOT VOLUME.
SOME SETTLING WILL OCCUR.

STORE IN A COOL, DRY PLACE.

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



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