

WHY GOLD STANDARD 100% WHEY PROTEIN™?

2G SUGAR **120 CALORIES** **5.5G BCAAs****

- The GOLD STANDARD® for protein quality has fueled billions of workout recoveries worldwide.
- 24 grams of high-quality protein per serving to help build muscle†.
- Whey Protein Isolate (WPI) is the primary ingredient with further carbohydrates and fat 'isolated' out.
- 11 grams of naturally occurring Essential Amino Acids (EAAs) to support muscle recovery.



SPORTS



STRENGTH TRAINING



ACTIVE LIFESTYLE

OPTIMUM NUTRITION® has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition products for over 35 years and in more than 100 countries.

We are obsessed with quality. We sweat the details, scrutinizing every ingredient in every product that we make. We hold ourselves to the highest production standard, all so you can unlock your body's full potential.

For more information visit optimumnutrition.com.

ON OPTIMUM NUTRITION®

GOLD STANDARD®

100% WHEY PROTEIN

Nutrition Facts

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

Amount per serving
Calories 120

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Cholesterol 55mg	18%
Sodium 130mg	6%
Total Carbohydrate 2g	1%
Total Sugars 2g	
Protein 24g	48%
Calcium 130mg	10%
Potassium 160mg	4%

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, Hydrolyzed Whey Protein), Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Salt, Acesulfame Potassium, Sucralose.

CONTAINS: MILK, SOY.



31 GRAMS
ABOUT 1 SCOOP
WHEY PROTEIN
POWDER



6-8 FL OZ
COLD WATER,
MILK OR
OTHER
BEVERAGE



30 SECONDS
STIR, SHAKE
OR BLEND UNTIL
DISSOLVED

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

Consume your shake after exercise or anytime during the day to boost your protein intake.

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.

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

GLUTEN FREE

**Naturally Occurring Amino Acids
†When taken over time with regular resistance training

FOR MUSCLE SUPPORT & RECOVERY



NO ARTIFICIAL GROWTH HORMONES*
*NO SIGNIFICANT DIFFERENCE HAS BEEN SHOWN BETWEEN MILK DERIVED FROM RBST-TREATED AND NON-RBST-TREATED COWS.

24G PROTEIN PER SERVING

FRENCH VANILLA CRÈME
ARTIFICIALLY FLAVORED

100% OF THE PROTEIN FROM WHEY **PROTEIN POWDER DRINK MIX** **NET WT 32 OZ (2 LB) 907 G** **29 SERVINGS**
NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

MANUFACTURED FOR GLANBIA PERFORMANCE NUTRITION (NA), INC.
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CONTENTS SOLD BY WEIGHT NOT VOLUME. SOME SETTLING WILL OCCUR.



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MADE IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN