

WHY GOLD STANDARD 100% ISOLATE™?

ULTRA-FILTERED FOR EXCEPTIONAL PURITY



STRENGTH TRAINING



SPORTS



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 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% ISOLATE

Nutrition Facts

44 servings per container

Serving size 30g (About 1 Scoop)

Amount per serving
Calories 100

% Daily Value*

Total Fat 0g **0%**

Cholesterol <5mg **2%**

Sodium 80mg **3%**

Total Carbohydrate 1g **0%**

Total Sugars 1g

Protein 25g **50%**

Calcium 140mg 10%

Potassium 200mg 4%

Not a significant source of saturated fat, 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: Hydrolyzed Whey Protein Isolate, Whey Protein Isolate, Natural and Artificial Flavor, Lecithin, Sucralose.

CONTAINS: MILK AND SOY.



30 GRAMS
(ABOUT 1 SCOOP)
WHEY PROTEIN
ISOLATE POWDER



6-8 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 after you work out, or have it anytime to boost your protein intake.

To maximize freshness and minimize product clumping, store tightly-closed container in a cool, dry place.

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



NO ARTIFICIAL
GROWTH
HORMONES*

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

GLUTEN
FREE

**Naturally occurring branched-chain amino acids

*When taken over time with regular resistance training



how2recycle.info

OPTIMUM NUTRITION IS A PROUD PARTNER WITH HOW2RECYCLE.



ULTRA-FILTERED
WHEY PROTEIN
ISOLATE

RICH VANILLA ARTIFICIALLY FLAVORED

100% OF THE
PROTEIN FROM
WHEY ISOLATE

PROTEIN POWDER DRINK MIX NET WT 46.5 OZ (2.91 LB) 1.32 KG 44 SERVINGS

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

25g
PROTEIN

HELPS BUILD AND
MAINTAIN MUSCLE*

5.5g
BCAAs**

SUPPORTS
RECOVERY

FOR MUSCLE SUPPORT
& RECOVERY

BANNED
SUBSTANCE
TESTED

MANUFACTURED FOR GLANBIA
PERFORMANCE NUTRITION (NA), INC.

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



AT TIME
OF FILL

AFTER
SETTLING

CONTENTS SOLD BY
WEIGHT NOT VOLUME.
SOME SETTLING
WILL OCCUR.

SERVING SCOOP INCLUDED, BUT MAY
SETTLE TO THE BOTTOM DURING SHIPPING.
BEST BEFORE DATE AND BATCH NUMBER,
SEE CONTAINER.



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