

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 31g (About 1 Scoop)

Amount per serving

Calories 110

% Daily Value*

Total Fat 0.5g **1%**

Cholesterol <5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 1g **0%**

Protein 25g **50%**

Calcium 150mg 10%

Iron 0.5mg 2%

Potassium 240mg 6%

Not a significant source of saturated fat, trans fat, dietary fiber, total sugars, added sugars and vitamin D.

*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, Cocoa Powder (Processed with Alkali), Natural and Artificial Flavor, Lecithin, Salt, Sucralose.

CONTAINS: MILK AND SOY.



31 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



OPTIMUM NUTRITION IS A PROUD PARTNER WITH HOW2RECYCLE.



ULTRA-FILTERED WHEY PROTEIN ISOLATE

CHOCOLATE BLISS ARTIFICIALLY FLAVORED

100% OF THE PROTEIN FROM WHEY ISOLATE

PROTEIN POWDER DRINK MIX NET WT 47.9 OZ (3 LB) 1.36 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



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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