

# WHY GOLD STANDARD 100% WHEY™?

- Packed with 24 grams of high-quality protein per serving to help build muscle‡.
- Whey Protein Isolate (WPI) is the primary ingredient with further carbs and fat 'isolated' out.
- 11 grams of naturally occurring Essential Amino Acids (EAAs) to support muscle recovery.
- The GOLD STANDARD® for protein quality, fueling over 2 billion workout recoveries worldwide since 1998.



**STRENGTH  
TRAINING**



**SPORTS  
PERFORMANCE**



**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 30 years and in 90+ countries. After careful supplier selection, each ingredient is tested to assure exceptional 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](http://OPTIMUMNUTRITION.COM).



**30.4 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

For best results, mix up your shake 30-60 minutes after you work out, or have it as an anytime snack in your balanced, high-protein diet.

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

Check out [OPTIMUMNUTRITION.COM](http://OPTIMUMNUTRITION.COM) for recipes and training tips.



**NO ARTIFICIAL  
GROWTH  
HORMONES\***

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



**AUTHENTIC  
OPTIMUM NUTRITION  
PRODUCT**  
[OPTIMUMNUTRITION.COM/AUTHENTIC](http://OPTIMUMNUTRITION.COM/AUTHENTIC)

**GLUTEN  
FREE**



**CHOICE**

**INFORMED CHOICE** is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed Choice logo are regularly tested for banned substances by the world class sports anti-doping lab, LGC Limited.



**MANUFACTURED BY  
OPTIMUM NUTRITION, INC.**

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**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.

\*\*Naturally Occurring Amino Acids

‡When taken over time with regular resistance training.

## Nutrition Facts

14 servings per container

**Serving size About 1 Scoop (30.4g)**

Amount per serving

**Calories**

**120**

**% Daily Value\***

<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 1g	
<b>Protein</b> 24g	<b>48%</b>
Calcium 130mg	10%
Iron 0.7mg	4%
Potassium 210mg	4%

Not a significant source of trans fat, 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:** Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Cocoa Powder (Processed with Alkali), Lecithin, Natural and Artificial Flavor, Acesulfame Potassium, Lactase.

**CONTAINS: MILK AND SOY.**

STORE IN A COOL, DRY PLACE.

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



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

**CONTENTS SOLD BY  
WEIGHT NOT VOLUME.**