

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.



GOLD STANDARD® 100% WHEY

Nutrition Facts

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

Amount per serving	
Calories	120
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Cholesterol 40mg	13%
Sodium 110mg	5%
Total Carbohydrate 3g	1%
Total Sugars 2g	
Protein 24g	48%
Calcium 130mg	10%
Potassium 160mg	4%

*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), Natural and Artificial Flavor, Cookie Crumbs (Sugar, Rice Flour, Cocoa Powder (Processed with Alkali), Canola Oil, Salt), Lecithin, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Salt, Sucralose, Lactase.

CONTAINS: MILK AND 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

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 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

GLUTEN FREE



Trusted by sport

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

FOR MUSCLE SUPPORT & RECOVERY

24g PROTEIN

HELPS BUILD AND MAINTAIN MUSCLE‡

5.5g BCAAs**

SUPPORTS ENDURANCE AND RECOVERY

WHEY PROTEIN ISOLATE PRIMARY SOURCE

BANNED SUBSTANCE TESTED

COOKIES & CREAM NATURALLY & ARTIFICIALLY FLAVORED

100% OF THE PROTEIN FROM WHEY

PROTEIN POWDER DRINK MIX NET WT 4.65 LB (2.11 KG) 68 SERVINGS

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

STORE IN A COOL, DRY PLACE.

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



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MANUFACTURED BY OPTIMUM NUTRITION, 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.

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.