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



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



110

% Daily Value*

73 servings per container

Serving size About 1 Scoop (31g)

Not a significant source of trans fat, dietary fiber, added sugars.

INGREDIENTS: Protein Blend (Whey Protein

Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavor, Lecithin

*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

Salt, Acesulfame Potassium, Sucralose, Lactase.

Amount per serving Calories

Total Fat 1g Saturated Fat 0.5g Cholesterol 40mg

Sodium 100mg Total Carbohydrate 2g

Total Sugars 2g

Protein 24a

vitamin D and iron.

Calcium 140ma

Potassium 160mg

ABOUT 1 SCOOP WHEY PROTEIN POWDER

6-8 FL OZ COLD WATER MILK OR OTHER



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

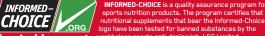


NON-RBST TREATED COWS.



GLUTEN





vorld class sports anti-doping lab, LGC Limited.

FOR MUSCLE SUPPORT & RECOVERY

24_G PROTEIN HELPS BUILD AND MAINTAIN MUSCLE‡

BCAAs*

SUPPORTS ENDURANCE AND RECOVERY

WHEY PROTEIN ISOLATE PRIMARY SOURCE



FRENCH VANILLA CRÉME NATURALLY 6 ARTIFICIALLY FLAVORED

PROTEIN POWDER DRINK MIX NET WT 5 LB (2.27 KG) 73 SERVINGS NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY, DO NOT USE FOR WEIGHT REDUCTION

STORE IN A COOL, DRY PLACE.

CONTAINS: MILK AND SOY.

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



ONS MANUFACTURED BY OPTIMUM NUTRITION, INC.

3500 Lacey Road, Suite 1200 Downers Grove, IL 60515 1 (800) 705-5226



**Naturally Occurring Amino Acids

exercise program

#When taken over time with regular resistance training.

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

CONTENTS SOLD BY WEIGHT NOT VOLUME SOME SETTLING WILL OCCUR