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.







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



73 servings per container

Serving size About 1 Scoop (31g)

Amount per serving Calories

Total Fat 10 Saturated Fat 0.5q Cholesterol 35mg

Sodium 100mg

Total Carbohydrate 30

ABOUT 1 SCOOP WHEY PROTEIN

% Daily Value* POWDER

120

Total Sugars 1g Protein 24a Calcium 140ma Potassium 140mg

Not a significant source of 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

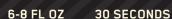
INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavor, Lecithia Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Citric Acid, Salt, Beet Juice Powder (color) Sucralose, Lactase.

CONTAINS: MILK AND SOY.





COLD WATER MILK OR OTHER



STIR, SHAKE OR BLEND UNTIL DISSOLVED

9

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







FOR MUSCLE SUPPORT & RECOVERY

24_G PROTEIN HELPS BUILD AND MAINTAIN MUSCLE‡

BCAAs*

SUPPORTS ENDURANCE AND RECOVERY

WHEY PROTEIN ISOLATE PRIMARY SOURCE



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



MANUFACTURED BY

OPTIMUM NUTRITION, INC.

3500 Lacey Road, Suite 1200

Downers Grove, IL 60515 1 (800) 705-5226

ONS

exercise program **Naturally Occurring Amino Acids

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

#When taken over time with regular resistance training.

CONTENTS SOLD BY WEIGHT NOT VOLUME SOME SETTLING WILL OCCUR





INFORMED-CHOICE is a quality assurance program for vorld class sports anti-doping lab, LGC Limited.