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 has fueled billions of workout recoveries worldwide.


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**.

OPTIMUM NUTRITION®

GOLD STANDARD® 100% WHEY

Nutrition Facts

28 servings per container

Serving size **32g (About 1 Scoop)**

Amount per serving

Calories **130**

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Cholesterol 55mg	**18%**
Sodium 130mg	**6%**
Total Carbohydrate 3g	**1%**
Total Sugars 1g	
Protein 24g	**48%**
Calcium 130mg	10%
Iron 0.7mg	4%
Potassium 200mg	4%

Not a significant source of trans fat, dietary fiber, 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, Hydrolyzed Whey Protein), Cocoa Powder (Processed with Alkali), Coffee Powder, Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Acesulfame Potassium, Sucralose.

CONTAINS: MILK AND SOY.


32 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 anytime to boost your protein intake.

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

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.

Discard Seal, Empty & Replace Lid and Scoop
US ONLY PLASTIC TUB how2recycle.info
OPTIMUM NUTRITION IS A PROUD PARTNER WITH HOW2RECYCLE.

INFORMED CHOICE REGULARLY TESTED FOR BANNED SUBSTANCES

GLUTEN FREE

**FOR MUSCLE SUPPORT & RECOVERY

24G PROTEIN
HELPS BUILD AND MAINTAIN MUSCLE‡

5.5G BCAAs**
SUPPORTS MUSCLE RECOVERY

WHEY PROTEIN ISOLATE PRIMARY SOURCE

BANNED SUBSTANCE TESTED

MOCHA CAPPUCCINO ARTIFICIALLY FLAVORED

100% OF THE PROTEIN FROM WHEY

PROTEIN POWDER DRINK MIX **NET WT 2 LB (907 G)** **28 SERVINGS**

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

MANUFACTURED FOR GLANBIA PERFORMANCE NUTRITION (NA), INC.
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5226

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

Contains 15mg of Caffeine per serving.



CONTENTS SOLD BY WEIGHT NOT VOLUME. SETTLING WILL OCCUR.

STORE IN A COOL, DRY PLACE.

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

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**Naturally Occurring Amino Acids
‡When taken over time with regular resistance training