WHY GOLD STANDARD 100% PLANT PROTEIN™?

GOLD STANDARD 100% PLANT PROTEIN™ was crafted for the athlete in all of us. The combination of pea, rice and fava bean proteins provides all 20 amino acids, including all 9 essential amino acids, designed to help with muscle support. Each serving is packed with 24 grams of 100% plant-based protein and 0 grams of sugar.▲ For athletes who expect the best. This is GOLD STANDARD 100% PLANT PROTEIN™.

- **24 Grams of Plant Protein per Serving**
- **Contains All 9 Essential Amino Acids**
- **Gluten Free**
- **No Artificial Colors, Flavors or Sweeteners**

▲Not a low calorie food.

STRENGTH TRAINING

MUSCLE SUPPORT

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**.

AUTHENTIC OPTIMUM NUTRITION PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC

GLUTEN FREE

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

INFORMED CHOICE
INFORMED - WE TEST - YOU TRUST
REGULARLY TESTED FOR BANNED SUBSTANCES

OPTIMUM NUTRITION

GOLD STANDARD®
100% PLANT PROTEIN

24 G PROTEIN

0 G SUGAR▲
▲Not a low calorie food.

150 CALORIES

CREAMY VANILLA NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

PROTEIN POWDER DRINK MIX
NET WT 26.1 OZ (1.63 LB) 740 G 20 SERVINGS
NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.



Nutrition Facts

20 servings per container
Serving size 37g (About 1 Scoop)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 1.5g	**8%**
Sodium 480mg	**21%**
Total Carbohydrate 5g	**2%**
Total Sugars 0g	
Protein 24g	**37%**
Calcium 50mg	4%
Iron 7.2mg	40%

Not a significant source of trans fat, cholesterol, dietary fiber, added sugars, vitamin D and potassium.

*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: Plant Protein Blend (Pea Protein, Fava Bean Protein Isolate, Brown Rice Protein Concentrate), Oil Creamer (Coconut Oil and/or Sunflower Oil, Rice Syrup Solids, Pea Protein, Sodium Citrate, Tricalcium Phosphate, Sunflower Lecithin), Natural Flavor, Gum Blend (Xanthan Gum, Guar Gum, Gum Acacia), Salt, Steviol Glycosides.

37 GRAMS
ABOUT 1 SCOOP PLANT PROTEIN POWDER

10-12 FL OZ
WATER OR ALMOND MILK

30 SECONDS
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% PLANT PROTEIN™ 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 protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

STORE IN A COOL, DRY PLACE.
SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING.

MANUFACTURED FOR GLANBIA PERFORMANCE NUTRITION (NA), 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.

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