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

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

INFORMED CHOICE
NOT TESTED = YOU TESTED
REGULARLY TESTED FOR BANNED SUBSTANCES

OPTIMUM NUTRITION

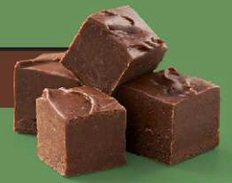
GOLD STANDARD®
100% PLANT PROTEIN

24 G PROTEIN | **0 G SUGAR▲** | **150 CALORIES**

▲Not a low calorie food.

RICH CHOCOLATE FUDGE NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

PROTEIN POWDER DRINK MIX
NET WT 28.2 OZ (1.76 LB) 800 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 40g (About 1 Scoop)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 2g	**10%**
Sodium 540mg	**23%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**7%**
Total Sugars 0g	
Protein 24g	**39%**
Calcium 50mg	4%
Iron 8.4mg	45%
Potassium 150mg	4%

Not a significant source of trans fat, cholesterol, 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: Plant Protein Blend (Pea Protein, Fava Bean Protein Isolate, Brown Rice Protein Concentrate), Cocoa Powder (Processed with Alkali), Oil Creamer (Coconut Oil and/or Sunflower Oil, Rice Syrup Solids, Pea Protein, Sodium Citrate, Tricalcium Phosphate, Sunflower Lecithin), Natural Flavor, Salt, Gum Blend (Xanthan Gum, Guar Gum, Gum Acacia), Steviol Glycosides.

40 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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