## THE BIGGER PICTURE OF CASEIN

Rapid protein use is desirable immediately before and after exercise to help refuel recovering muscles, but delayed digestion and absorption may be more beneficial at other times – including bedtime when your body typically goes for hours without food. Casein proteins are acid sensitive and thicken in the stomach. Because of this, it can take more than twice as long for our Gold Standard 100% Casein™ to be broken down into its amino acid subcomponents than other proteins. By using only premium micellar casein, we've created a protein formula that's truly time-released.

THE BIGGER PICTURE
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Carefully Manufactured in the USA by: ON

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### TYPICAL AMINO ACID PROFILE (milligrams per serving)

| Essential Amino Acids (EAAs) | | Conditionally Essential Amino Acids (CAAs) | | Nonessential Amino Acids (NAAs) | |
|---|---|---|---|---|---|
| **Tryptophan** | **292** | **Arginine** | **866** | **Aspartic Acid** | **1589** |
| Valine | 1609 | Cystine | 79 | Serine | 1396 |
| **Threonine** | **1039** | **Tyrosine** | **846** | **Glycine** | **510** |
| Isoleucine | 1312 | Histidine | 688 | Alanine | 664 |
| **Leucine** | **2129** | **Proline** | **2421** | | |
| Lysine | 1822 | Glutamine & Precursors | 4950 | | |
| **Phenylalanine** | **1144** | | | | |
| Methionine | 644 | | | | |

### BEYOND THE BASICS

- Loaded with 100% Micellar Casein.
- 24 grams of time-released protein per serving.
- Contains AMINOGEN® digestive enzymes to enhance utilization.
- Over 5 grams of BCAAs (Leucine, Isoleucine, and Valine).
- Nearly 5 grams of Glutamine & glutamine precursors in every scoop.

**SUGGESTED USE:** Consume approximately 1 gram of protein per pound of body weight per day through a combination of high protein foods and supplements. For best results, consume your daily protein allotment over several small meals spread evenly throughout the day. **TIP:** Try using "slower" Gold Standard 100% Casein™ with "faster" proteins like Gold Standard 100% Whey™ or Pro Complex® at different times for maximum effectiveness. Take Gold Standard 100% Casein™ immediately before bed and in between meals when delayed protein delivery is desired. Drink Gold Standard 100% Whey™ or Pro Complex® proteins before and immediately after workouts for a rapid "shot" of amino acids.

FPO UPC 80%
08-303-423

CHOCOLATE SUPREME
Naturally and Artificially Flavored

# GOLD STANDARD 100% CASEIN™

24G PROTEIN
10G BCAAs, GLUTAMINE & PRECURSORS
0G SUGAR
27 SERVINGS

SLOW-ACTING PROTEIN | AMINOGEN® ENHANCED

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

NET WT. 2 LB (909 G)

### DIRECTIONS:

Using a shaker cup is the easiest and most convenient way to mix up a consistently great casein shake every time. Just add one heaping scoop of Gold Standard 100% Casein™ to your shaker cup and then pour in 10-12 oz of your preferred beverage. Cover and shake for 25-30 seconds. **TIP:** Adjust the intensity of your Gold Standard 100% Casein™ by varying the amount of liquid that you use to prepare it. For a bolder flavor with slightly more body and sweetness, mix one heaping scoop with 8-10 oz of water, milk, or your favorite beverage. For a milder tasting, less sweet shake, use 12-14 oz of liquid per scoop. Don't have a shaker cup? Visit www.optimumnutrition.com and order a custom shaker, or visit your local health food store or gym.

**BLENDER:** Add one heaping scoop of Gold Standard 100% Casein™ to a blender filled with 10-12 oz of water, milk, or your favorite beverage. Blend for 20-30 seconds. Then add 3-4 ice cubes and blend for an additional 30 seconds. **SHAKE UP YOUR SHAKE:** By adding a few high-energy ingredients to your shake you can blend up a delicious meal; try adding fresh or frozen fruits (strawberries, bananas, peaches, etc.), peanut butter, flaxseed oil, yogurt, coconut, slivered almonds, or other ingredients. **STACK YOUR SHAKE:** By adding supplements like Micronized Creatine, Glutamine, Taurine, and/or INSTANTIZED BCAA powders, you can make Gold Standard 100% Casein™ an even more powerful recovery product.

**SPOON STIRRED:** If you forgot your shaker cup or don't have time to get out the blender, you can just add one heaping scoop of Gold Standard 100% Casein™ to a glass filled with 10-12 oz of cold water, milk, or your favorite beverage. Then mix it up with a spoon for about 30 seconds or until powder is dissolved.

**NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.**

## Nutrition Facts

Serving Size 1 Heaping Scoop (33g)
Servings Per Container 27

| Amount Per Serving | |
|---|---|
| **Calories** 120 | Calories from Fat 10 |
| | **% Daily Value*** |
| **Total Fat** 1g | 2% |
| Saturated Fat 0.5g | 3% |
| *Trans* Fat 0g | |
| **Cholesterol** 10mg | 3% |
| **Sodium** 260mg | 11% |
| **Total Carbohydrate** 3g | 1% |
| Dietary Fiber 1g | 4% |
| Sugars 0g | |
| **Protein** 24g | |

| | | | |
|---|---|---|---|
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 60% | Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat. Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Micellar Casein, Cocoa (Processed with Alkali), Natural and Artificial Flavors, Salt, Lecithin, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Acesulfame Potassium, Sucralose, Aminogen®.

**ALLERGEN INFORMATION:** CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS.

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