

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 tend to thicken in the stomach. Because of this, it can take more than twice as long for our Natural Gold Standard™ 100% Casein to be broken down into its amino acid subcomponents than other proteins. Natural Gold Standard™ 100% Casein is also free of artificial flavors, sweeteners, and synthetic colors and uses only premium micellar caseins to create a protein formula that's truly time-released.

THE BIGGER PICTURE®
WWW.OPTIMUMNUTRITION.COM



Carefully Manufactured
in the USA by:
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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 265	Arginine 873	Aspartic Acid 1533
Valine 1555	Cystine 74	Serine 1359
Threonine 1042	Tyrosine 1359	Glycine 582
Isoleucine 1312	Histidine 656	Alanine 634
Leucine 1994	Proline 2454	
Lysine 1772	Glutamine & 4860	
Phenylalanine 1068	Precursors	
Methionine 608		

BEYOND THE BASICS

- No Artificial Flavors, Sweeteners, or Synthetic Colors.
- Loaded with Micellar Casein.
- 24 grams of time-released protein per serving.
- Contains AMINOGEN® digestive enzymes to enhance utilization.
- Nearly 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" Natural Gold Standard™ 100% Casein with "faster" proteins like Natural 100% Whey Gold Standard™ or Natural Pro Complex® at different times for maximum effectiveness. Take Natural Gold Standard™ 100% Casein immediately before bed and in-between meals when delayed protein delivery is desired. Drink Natural 100% Whey Gold Standard™ or Natural Pro Complex® proteins before and immediately after workouts for a rapid "shot" of amino acids.



CHOCOLATE CRÈME
Naturally Flavored

GOLD STANDARD™ NATURAL
100% CASEIN

NO ARTIFICIAL FLAVORS OR SWEETENERS SLOW-ACTING PROTEIN SUPPLEMENT

24G PROTEIN
9.6G ESSENTIAL AMINO ACIDS
2G SUGAR
49 SERVINGS



DIRECTIONS:

SHAKER: 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 Natural 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 Natural 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 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 rounded scoop of Natural 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 Natural 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 rounded scoop of Natural 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.

Supplement Facts

Serving Size 1 Rounded Scoop (37g)	
Servings Per Container 49	
Amount Per Serving	% Daily Value
Calories	130
Calories from Fat	10
Total Fat	1 g 2%*
Saturated Fat	0.5 g 3%*
Cholesterol	10 mg 3%*
Total Carbohydrate	7 g 2%*
Dietary Fiber	1 g 4%*
Sugars	2 g †
Protein	24 g
Calcium	600 mg 60%
Sodium	210 mg 9%
Stevia Extract (Stevia rebaudiana)(leaf (standardized to 60% rebaudioside A)	80 mg †
Aminogen®	24 mg †

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: Micellar Casein, Natural Cocoa Powder, Natural Flavor, Honey Powder, Evaporated Cane Juice, Salt, Cellulose Gum, Lecithin.

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

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NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE. **KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT, NURSING A BABY, OR UNDER 18 YEARS OF AGE. STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.**

