

#1 WORLD'S BEST SELLING WHEY PROTEIN POWDER*

*Based on 2015 sales



OPTIMUM NUTRITION

24G
PROTEIN

1G
FAT

120
CALORIES

GOLD STANDARD®

100% WHEY

WHEY PROTEIN ISOLATE • PRIMARY SOURCE

100% OF THE
PROTEIN
FROM WHEY

GLUTEN
FREE

BANNED
SUBSTANCE
TESTED



22
SERVINGS

DOUBLE RICH CHOCOLATE
Naturally & Artificially Flavored

NET WT 1.47 LB (669 G) PROTEIN POWDER DRINK MIX

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

WHAT MAKES **ON** THE GOLD STANDARD?

100% QUALITY

- Consistent Great Taste & Easy Mixing
- Made in Our Own Facilities in the USA
- Made to the Highest Quality Standards, with the Highest Quality Ingredients

100% PERFORMANCE

- Whey Protein Isolate - Primary Source
- 120 Calories Per Serving
- 1 Gram of Fat Per Serving
- Fueled Over 2 Billion Workout Recoveries Since 1998*

100% TRUSTED

- World's Best-Selling Whey Protein Powder**
- Sold in More Than 100 Countries
- Protein Powder of the Year - Winner for 11 Consecutive Years

*Based on calculation that 1 serving equals 1 workout recovery. Number of servings calculated based on total pounds sold divided by average servings per pound.

THE TRUE STRENGTH OF WHEY

Whey protein is popular with all types of athletes because it digests rapidly and contains all of the Essential Amino Acids. The primary ingredient in Gold Standard 100% Whey™ is Whey Protein Isolate which has had much of the carbs and fat "isolated" out, so you get quality protein support for achieving your fitness goals. Our superior quality powder mixes easily in a shaker cup or using a glass and spoon, in addition to making great smoothies.

BEYOND THE BASICS

- Ultra-Filtered Whey Protein Concentrate
- Naturally Occurring Branched Chain Amino Acids (BCAAs) for Muscle Support & Recovery
- 1 Scoop = 1 Serving = 24g of Complete Protein
- For Optimal Results Use Within 1 Hour Before or After Exercise

FIND YOUR TRUE STRENGTH



For Delicious Smoothie Recipes Submitted by ON Athletes and Fans, go to: OPTIMUMNUTRITION.COM/RECIPE



Get more protein at breakfast by adding it, serving to your meal, such as paired with your favorite cereal.



For Leading Edge Fitness and Workout Programs to Help You Maximize Your Results, go to: OPTIMUMNUTRITION.COM



Adding a Whey Shake Between Meals Can Help You Reach Your Daily Protein Target With a Tasty, 120 Calorie Snack.

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COMMUNITY



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DIRECTIONS:

SPOON STIRRED: Gold Standard 100% Whey™ is instantized. That means if you forgot your shaker cup or don't have time to get out the blender, just add one scoop of Gold Standard 100% Whey™ to a glass filled with 6-8 fl oz of water or your favorite beverage. Then mix it up with a spoon. Stir for about 30 seconds or until powder is completely dissolved. **TIP:** Adjust the taste of your Gold Standard 100% Whey™ by varying the amount of liquid that you use to prepare it. For a bolder flavor with slightly more body and sweetness, mix each scoop with 4-6 fl oz of water, milk, or your favorite beverage. For a milder tasting, less sweet shake, use 8-10 fl oz of liquid per scoop.

SHAKER CUP: Bringing a shaker cup with you to the gym is the best way to get a dose of protein immediately after your workout. Just pour in 6-8 fl oz of your preferred beverage and then add one scoop of Gold Standard 100% Whey™ to your shaker cup. Cover and shake for 25-30 seconds.

BLENDER: Add one scoop of Gold Standard 100% Whey™ to a blender filled with 6-8 fl oz of water or your favorite beverage. Blend for 20-30 seconds. Then add 1 or 2 ice cubes and blend for an additional 30 seconds.

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.

Nutrition Facts

Serving Size 1 Scoop (30.4g)
Servings Per Container 22

Amount Per Serving		Calories from Fat 10	
	Calories 120		
Total Fat 1g			% Daily Value*
Saturated Fat 0.5g			2%
Trans Fat 0g			3%
Cholesterol 30mg			10%
Sodium 130mg			5%
Total Carbohydrate 3g			1%
Sugars 1g			
Protein 24g			48%
Vitamin A 0%		Vitamin C 0%	
Calcium 8%		Iron 2%	

Not a Significant Source of Dietary Fiber.
* 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	375g
Dietary Fiber	25g	30g	30g
Protein	50g	65g	65g

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

INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Cocoa (Processed with Alkali), Lecithin, Natural and Artificial Flavor, Acesulfame Potassium, Lactase.

CONTAINS: MILK AND SOY.

MANUFACTURED BY **ON**
OPTIMUM NUTRITION, INC.

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TRUE STRENGTH®
OPTIMUMNUTRITION.COM



INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that all nutritional ingredients that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.



FPO UPC
748927060140

MANUFACTURED IN THE USA
The product contains ingredients of international and domestic origin.

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

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

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