

THE TRUE STRENGTH OF CASEIN

Faster digesting protein is desirable immediately before and after exercise to help fuel recovering muscles, but slow 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. Compared to some other proteins, it can take longer for our Gold Standard 100% Casein™ to be broken down into its amino acid subcomponents. Gold Standard 100% Casein™ is also free of artificial flavors, sweeteners, and synthetic colors and uses only protein from premium micellar casein to create a protein formula that's truly time-released.

TRUE STRENGTH®
WWW.OPTIMUMNUTRITION.COM



AUTHENTIC OPTIMUM NUTRITION PRODUCT
To Ensure the Authenticity of This Product, Make Sure the
ON HOLOGRAM STRIPE is Present On The Neckband.
FURTHER INFO AT: WWW.OPTIMUMNUTRITION.COM/AUTHENTIC

1 (800) 705-5226 TRUESTRENGTH.COM

*NATURALLY OCCURRING AMINO ACID PROFILE

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine *	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine *	Histidine	Alanine
Leucine *	Proline	
Lysine	Glutamine & Glutamic Acid *	
Phenylalanine		
Methionine		

Typical amounts per serving

~ 9.6 G ~ 10.2 G ~ 4.2 G

* 4.7 G BCAAs and 4.7 G of Glutamine and Glutamic Acid

BEYOND THE BASICS

- No Artificial Flavors, Sweeteners, or Synthetic Colors.
- Loaded with Micellar Casein.
- 24 Grams of Time-Released Protein per Serving.
- 4.7 Grams of Naturally Occurring BCAAs (Leucine, Isoleucine, and Valine).
- 4.7 Grams of Naturally Occurring Glutamine and Glutamic Acid in Every Scoop.



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NATURALLY FLAVORED GOLD STANDARD 100% CASEIN™

SLOW-ACTING PROTEIN

24G
PROTEIN

9.6G*
ESSENTIAL AMINO ACIDS

4G
SUGAR

CHOCOLATE CREME
Naturally Flavored

NO ARTIFICIAL
FLAVORS
OR SWEETENERS

100% OF THE
PROTEIN
FROM CASEIN

24
SERVINGS

NET WT 2 LB (907 G) PROTEIN POWDER DRINK MIX

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

Nutrition Facts

Serving Size 1 Scoop (37.5g)
Servings Per Container 24

Amount Per Serving		Calories from Fat 15
Calories 140		
	% Daily Value*	
Total Fat 1.5g	2%	
Saturated Fat 0.5g	3%	
Trans Fat 0g		
Cholesterol 20mg	7%	
Sodium 270mg	11%	
Total Carbohydrate 8g	3%	
Dietary Fiber 1g	4%	
Sugars 4g		
Protein 24g	48%	
Vitamin A 0%	Vitamin C 0%	
Calcium 40%	Iron 2%	
* 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
Protein		50g 65g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

INGREDIENTS: Micellar Casein, Cocoa (Processed with Alkali), Natural Flavor, Honey Powder, Sugar, Salt, Cellulose Gum, Lecithin, Rebudioside A.

CONTAINS: MILK AND SOY.

MANUFACTURED BY
OPTIMUM NUTRITION, INC.



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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 scoop of Gold Standard 100% Casein™ to your shaker cup and then pour in 10-12 fl 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 scoop with 8-10 fl oz of water, milk, or your favorite beverage. For a milder tasting, less sweet shake, use 12-14 fl 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 scoop of Gold Standard 100% Casein™ to a blender filled with 10-12 fl 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 scoop of Gold Standard 100% Casein™ to a glass filled with 10-12 fl 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.

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.

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

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



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