

THE TRUE STRENGTH OF OATS & WHEY

Oats and Whey are foundational elements of any athlete's diet. Oats are a complex carbohydrate providing energy to support strength or endurance training. Whey is a rapidly digested complete protein with all the essential amino acids to help support muscle recovery. By combining whole oat flour with whey isolate and whey concentrate, we've created an easy-to-mix nutritional powerhouse that frees you from the hassle of making this stack in an electric blender. We think you'll agree that our Naturally Flavored Oats & Whey shake is a lot smoother to drink, too. All you need to mix one up is a glass and spoon.

TRUE STRENGTH
WWW.OPTIMUMNUTRITION.COM



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

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

~ 10.8 G ~ 7.8 G ~ 5.4 G

BEYOND THE BASICS

- No Artificial Flavors or Sweeteners
- Made with Whole Grain Oats
- 5 Grams of Dietary Fiber per Serving
- 24 Grams of Whey Protein per Serving
- Whey Isolates are the Primary Protein Source



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NATURALLY FLAVORED OATS & WHEY OATMEAL PROTEIN POWDER DRINK

24G
PROTEIN

5G
FIBER

2G
FAT

MILK CHOCOLATE
Naturally Flavored

100% OF THE
PROTEIN
FROM WHEY

BANNED
SUBSTANCE
TESTED

25
SERVINGS

NET WT 3 LB (1.36 KG) 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 (54g)
Servings Per Container 25

Amount Per Serving
Calories 210 Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 250mg 10%

Total Carbohydrate 23g 8%

Dietary Fiber 5g 20%

Sugars 10g

Protein 24g 48%

Vitamin A 0% Vitamin C 0%

Calcium 15% Iron 6%

* 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: Whey Protein Isolate, Whey Protein Concentrate, Whole Oat Flour, Sugar, Natural Flavor, Cocoa, Oat Fiber, Lecithin, Honey Powder, Guar Gum, Salt, Reb A (Stevia Leaf Extract), Monk Fruit Extract.

CONTAINS: MILK AND SOY.
MAY CONTAIN WHEAT.

MANUFACTURED BY
OPTIMUM NUTRITION, INC.



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DIRECTIONS:

Naturally Flavored Oats & Whey is INSTANTIZED, so it always mixes up easily. Simply add 1 scoop to a blender, shaker cup, or glass filled with 6-8 fl oz of cold water or milk. Then blend, shake, or stir for 20-30 seconds or until powder is dissolved.

TIPS: (1) For a thicker, more strongly flavored shake, use a little less water or milk; for a thinner consistency try adding a little more liquid. (2) Plan ahead and bring a shaker cup with you to the office or gym to enjoy a quick on-the-go high-protein, high-fiber shake. If you don't own a shaker, order one at optimumnutrition.com or visit your local health food store or gym. (3) For the richest creamiest shake, an electric blender is always best. To prepare, add 1 scoop of Naturally Flavored Oats & Whey to a blender filled with 6-8 fl oz of cold water or milk and 3-5 ice cubes. Cover and blend on highest speed for 30-45 seconds.

SHAKE UP YOUR SHAKE: Try adding natural peanut butter, fresh or frozen fruits (e.g., berries, bananas, and peaches), flaxseed oil, slivered almonds, shredded coconut, cinnamon, etc. to blend up an even more delicious and nutritious meal.

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 SOLD 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