WHY GOLD STANDARD 100% WHEY™?

- Packed with 24 grams of high-quality protein per serving to help build muscle‡.
- Whey Protein Isolate (WPI) is the primary ingredient with further carbs and fat 'isolated' out.
- 11 grams of naturally occurring Essential Amino Acids (EAAs) to support muscle recovery.
- The GOLD STANDARD® for protein quality, fueling over 2 billion workout recoveries worldwide since 1998.

STRENGTH TRAINING

SPORTS PERFORMANCE

ACTIVE LIFESTYLE

OPTIMUM® NUTRITION has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition for over 30 years and in 90+ countries. After careful supplier selection, each ingredient is tested to assure exceptional purity, potency and composition. We hold ourselves to the highest production standards, all so you can unlock your body's full potential.

To find out more about the science and ingredients behind our products, visit **OPTIMUMNUTRITION.COM**.

OPTIMUM NUTRITION

GOLD STANDARD®

100% WHEY

Nutrition Facts

29 servings per container

Serving size **About 1 Scoop (31g)**

Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Cholesterol 35mg	**12%**
Sodium 105mg	**5%**
Total Carbohydrate 4g	**1%**
Total Sugars 1g	
Protein 24g	**48%**
Calcium 130mg	10%
Potassium 150mg	4%

Not a significant source of trans fat, dietary fiber, added sugars, vitamin D and iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavor, Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium, Lactase.

CONTAINS: MILK AND SOY.

31 GRAMS
ABOUT 1 SCOOP WHEY PROTEIN POWDER

6-8 FL OZ
COLD WATER, MILK OR OTHER BEVERAGE

30 SECONDS
STIR, SHAKE OR BLEND UNTIL DISSOLVED

For best results, mix up your shake 30-60 minutes after you work out, or have it as an anytime snack in your balanced, high-protein diet.

GOLD STANDARD 100% WHEY™ is designed for maximum mixability and superior drinkability.

Check out **OPTIMUMNUTRITION.COM** for recipes and training tips.

NO ARTIFICIAL GROWTH HORMONES▲

▲NO SIGNIFICANT DIFFERENCE HAS BEEN SHOWN BETWEEN MILK DERIVED FROM RBST-TREATED AND NON-RBST TREATED COWS.

AUTHENTIC OPTIMUM NUTRITION PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC

GLUTEN FREE

INFORMED-CHOICE .ORG
Trusted by sport

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.

FOR MUSCLE SUPPORT & RECOVERY

24G PROTEIN
HELPS BUILD AND MAINTAIN MUSCLE‡

5.5G BCAAs**
SUPPORTS ENDURANCE AND RECOVERY

WHEY PROTEIN ISOLATE
PRIMARY SOURCE

BANNED SUBSTANCE TESTED

VANILLA ICE CREAM NATURALLY & ARTIFICIALLY FLAVORED

100% OF THE PROTEIN FROM WHEY

PROTEIN POWDER DRINK MIX **NET WT 2 LB (907 G)** **29 SERVINGS**

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

STORE IN A COOL, DRY PLACE.

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

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MANUFACTURED BY OPTIMUM NUTRITION, INC.

3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5226

MANUFACTURED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

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.

**Naturally Occurring Amino Acids

‡When taken over time with regular resistance training.

CONTENTS SOLD BY WEIGHT NOT VOLUME.
SOME SETTLING WILL OCCUR.