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.







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.



GOLD STANDARD





NON-RBST TREATED COWS.



vorld class sports anti-doping lab, LGC Limited.

FOR MUSCLE SUPPORT & RECOVERY

PROTEIN HELPS BUILD AND MAINTAIN MUSCLE‡

BCAAs*

SUPPORTS ENDURANCE AND RECOVERY

WHEY PROTEIN ISOLATE PRIMARY SOURCE



CHOCOLATE MALT NATURALLY 6 ARTIFICIALLY FLAVORED

PROTEIN POWDER DRINK MIX NET WT 5 LB (2.27 KG) 73 SERVINGS

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

Nutrition Facts

73 servings per container

Serving size About 1 Scoop (31g)

Amount per serving Calories

120 ABOUT 1 SCOOP WHEY PROTEIN POWDER

% Daily Value* Total Fat 1g Saturated Fat 0.5g Cholesterol 35mg Sodium 105mg Total Carbohydrate 3d Total Sugars 1g

Protein 24a Calcium 130mg Iron 0.7mg Potassium 220mg

Not a significant source of trans fat, dietary fiber, added sugars and

*The % Daily Value tells you how much a nutrient in a serving of foo 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). Cocoa Powder (Processed with Alkali). Lecithin, Natural and Artificial Flavor, Salt. Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Acesulfame Potassium Sucralose, Lactase.

CONTAINS: MILK AND SOY.

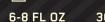
STORE IN A COOL, DRY PLACE.

SERVING SCOOP INCLUDED BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING









COLD WATER 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



MANUFACTURED BY OPTIMUM NUTRITION, INC.

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#When taken over time with regular resistance training.

**Naturally Occurring Amino Acids

exercise program

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

CONTENTS SOLD BY WEIGHT NOT VOLUME SOME SETTLING WILL OCCUR