GOLD ALLWHEY®: ISOLATE ENHANCED FOR LEAN MUSCLE GAINS*

Why Supplement with GOLD ALLWHEY®?

Research shows that consuming high levels of protein post-workout help muscles recover faster. With the body primed for nutrient absorption, a rapidly digestible protein source helps turn the body from a catabolic (muscle-wasting) state to an anabolic (muscle-building) state. Whey is recognized as the best post-workout protein source because with its high biological value, it gets absorbed and utilized faster than any other source. Additionally its complete amino acid profile, high in naturally occurring essential branched chain amino acids (BCAAs), allows whey to accelerate protein synthesis and muscle growth. This cannot be duplicated with a whole food protein source.*

Premium Whey Protein

Regular whey protein is great. GOLD ALLWHEY®'s premium whey is even better because it goes through additional microfiltration vs regular whey to increase its purity. This process does not affect or denature the protein but does remove additional non-protein components - primarily lactose and fat. The result is increased purity and faster absorption into your muscles for quicker recovery and bigger gains in lean body mass.*

*Less Carbs, Less Fat, More Protein Per Serving

Not only does GOLD ALLWHEY® deliver all the protein you need, each scoop contains only 4 g of carbs and 130 calories per serving. That's 70% less* carbs and sugars vs regular whey protein powders! Get all the gains in lean mass without the added carbs. GOLD ALLWHEY®: pure, premium, un-denatured whey protein.*

Better protein = Better results.

For more product information, visit ALLMAXNUTRITION.com

UNSURPASSED QUALITY GUARANTEE

UNSURPASSED: THE ALLMAX® QUALITY GUARANTEE

Every ingredient added and every bit produced is laboratory-tested for purity and potency to ensure consistent product quality and integrity every time, guaranteed. **GOLD ALLWHEY®** goes through the exclusive ALLMAX 5-Stage Quality Testing protocol. In fact, we're so confident in the quality of our product that it's completely guaranteed. Test our product; we guarantee it passes every time or we pay for your testing and refund your purchase. You won't find anyone else willing to stand behind their product with this guarantee.

CLEAN FOR ATHLETES BANNED SUBSTANCE FREE

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This product contains no WADA banned ingredients. This is validated by in-model random testing managed by an independent 3rd party – Informed Choice. Test result details can be viewed at: www.CleanForAthletes.com.

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CLEAN FOR ATHLETES BANNED SUBSTANCE FREE

ALLMAX

SCIENCE • INNOVATION • QUALITY • RESULTS

AM/PM ANYTIME PRE/POST

GOLD ALLWHEY®

PREMIUM WHEY PROTEIN

- Whey Isolate Enhanced For Superior Gains*
- Less Carbs, Less Fat, More Protein Per Serving*
- Great For Post-Workout Recovery*

24G PROTEIN | **2G** SUGARS | **130** CALORIES

5 LBS Net Wt. 2.27kg (80oz) | **PROTEIN SUPPLEMENT** NATURAL & ARTIFICIAL FLAVORS

Manufactured in a facility that processes Milk, Egg, Soy, Wheat, Tree Nuts, Peanuts, Fish and Shellfish

Gluten Free | Soy Free | Sugar Free | Creatine Free | Dairy Free

NO HIDDEN CALORIES | NO ARTIFICIAL COLORS | NO ARTIFICIAL SWEETENERS | NO ARTIFICIAL PRESERVATIVES

SUGGESTED USE: Blend, Mix or Shake 1 rounded scoop (32 g[1]) with 7 oz (~200 ml) of cold water or low-fat milk, depending on desired taste and consistency, anytime you want a premium and satisfying high-protein beverage.

Supplement Facts

Serving Size 1 Scoop (32 g[1])
Servings Per Container ~71

Amount Per Serving		% Daily Value
Calories	130	
Total Fat	2 g	3%[A]
Saturated Fat	1 g	5%[A]
Trans Fat	0 g	‡
Cholesterol	45 mg	15%
Total Carbohydrate	4 g	1%[A]
Dietary Fiber	1 g	4%[A]
Total Sugars	2 g	‡
Includes 0g Added Sugars		0%[A]
Protein	24 g	
Calcium	130 mg	10%
Iron	1.1 mg	6%
Sodium	105 mg	5%
Potassium	320 mg	6%

A Percent Daily Values are based on a 2,000 calorie diet.
‡ Daily Value not established.

INGREDIENTS: PURE WHEY PROTEIN BLEND (Cross- Flow Ultra-Filtered Whey Protein Concentrate, Cross-Flow Micro-Filtered Whey Protein Isolate), Cocoa (processed with alkali), Natural and Artificial Flavors, Lecithin (Soy), Gum Blend (Cellulose Gum, Xanthan), Sea Salt, **ENZYME BLEND** (Protease, Bromelain), Acesulfame Potassium, Sucralose.

Use this product as a food supplement only. Do not use for weight reduction. Due to natural variations in product density, resulting from settling and/or humidity, the volume can fluctuate. Store product below 25°C. Product is sold by weight and serving size is on an "as is" basis.

PROTEIN COMPARISON

Source - USDA Food Database	Protein per 32 g	Biological Value (BV)
1. **GOLD ALLWHEY®**	24	112
2. **TRIMMED STEAK**	9	80
3. **TUNA** (canned in water)	7	93
4. **CHICKEN BREAST**	5	79
5. **WHOLE EGG**	4	100

ALLWHEY® PROTEIN PROFILE

- 100% COMPLETE WHOLE PROTEIN SOURCE
- ZERO NON-PROTEIN AMINO ACIDS

Essential Amino Acids (EAA)

Branched-Chain Amino Acids (BCAA)	
L-Leucine	2430 mg
L-Valine	1391 mg
L-Isoleucine	1400 mg
L-Histidine	426 mg
L-Lysine	2357 mg
L-Methionine	543 mg
L-Phenylalanine	741 mg
L-Threonine	1562 mg
L-Tryptophan	471 mg
L-Alanine	1149 mg
L-Arginine	563 mg
L-Aspartic Acid	2626 mg
L-Cysteine	597 mg
L-Glutamic Acid	4131 mg
L-Glycine	411 mg
L-Proline	1407 mg
L-Serine	1077 mg
L-Tyrosine	708 mg

Typical Amino Acid Profile is naturally occurring from 100% Whole Protein Sources and may vary slightly.

WARNING: Use only as directed. For adult use only. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you have liver or kidney disorders, or if you have been instructed to follow a low protein diet. Do not use if inner seal is broken. Store in a cool, dry place. Keep out of reach of children.

ALLERGEN WARNING: Contains Milk (Whey) and Soy. Produced in a facility that also handles egg, peanut, tree nuts, fish, crustaceans and gluten containing products.

Product Choice Tracked by Sport

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