WHY GOLD STANDARD 100% WHEY"?

- Packed with 24 grams of high-quality protein per serving to help build musclet.
- 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





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



FOR MUSCLE SUPPORT & RECOVERY

24₆ PROTEIN **HELPS BUILD AND** MAINTAIN MUSCLES BCAAs* SUPPORTS ENDURANCE WHEY PROTEIN ISOLATE PRIMARY SOLIRCE

CHOCOLATE MALT NATURALLY & ARTIFICIALLY FLAVOREI

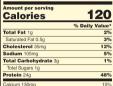
PROTEIN POWDER DRINK MIX **NET WT 2 LB (907 G)** NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY, DO NOT USE FOR WEIGHT REDUCTION.

Nutrition Facts

29 servings per container

Serving size About 1 Scoop (31g)

120



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 fo intributes to a daily diet. 2,000 calories a day is used for general

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

Iron 0.7ma



ABOUT 1 SCOOP WHEY PROTEIN POWDER



COLD WATER, MILK OR OTHER BEVERAGE



30 SECONDS STIR, SHAKE OR BLEND UNTIL DISSOLVED

Suggested Use: For healthy

to meet your daily protein

exercise program.

adults, consume enough protein

requirements with a combination

of high protein foods and protein

supplements throughout the day

as part of a balanced diet and

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

STORE IN A COOL DRY PLACE

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



MANUFACTURED BY OPTIMUM NUTRITION, INC.

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





CONTENTS SOLD BY WEIGHT NOT VOLUME SOME SETTLING WILL OCCUR.