

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](https://www.optimumnutrition.com).



GOLD STANDARD® 100% WHEY

Nutrition Facts

70 servings per container

Serving size About 1 Scoop (32g)

Amount per serving	Calories	% Daily Value*
	120	
Total Fat 1.5g		2%
Saturated Fat 0.5g		3%
Cholesterol 35mg		12%
Sodium 90mg		4%
Total Carbohydrate 3g		1%
Dietary Fiber 1g		4%
Total Sugars 1g		
Protein 24g		48%
Calcium 140mg		10%
Iron 0.6mg		4%
Potassium 210mg		4%

*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), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavor, Lecithin, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Salt, Sucralose, Lactase.

CONTAINS: MILK AND SOY.



32 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](https://www.optimumnutrition.com) for recipes and training tips.



NO ARTIFICIAL
GROWTH
HORMONES*

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



AUTHENTIC
OPTIMUM NUTRITION
PRODUCT
[OPTIMUMNUTRITION.COM/AUTHENTIC](https://www.optimumnutrition.com/authentic)

GLUTEN
FREE



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

CHOCOLATE MINT

NATURALLY &
ARTIFICIALLY FLAVORED

100% OF
THE PROTEIN
FROM WHEY

PROTEIN POWDER DRINK MIX NET WT 4.94 LB (2.24 KG) 70 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.

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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.