

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.



GOLD STANDARD® 100% WHEY

Nutrition Facts

28 servings per container

Serving size About 1 Scoop (31.5g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Cholesterol 35mg 12%

Sodium 135mg 6%

Total Carbohydrate 3g 1%

Total Sugars 2g

Includes 1g Added Sugars 2%

Protein 24g 48%

Calcium 130mg 10%

Iron 0.5mg 2%

Potassium 190mg 4%

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

*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, Salt, Sucralose, Acesulfame Potassium, Lactase.

CONTAINS: MILK AND SOY.



31.5 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 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**



ROCKY ROAD

NATURALLY &
ARTIFICIALLY FLAVORED

100% OF
THE PROTEIN
FROM WHEY

PROTEIN POWDER DRINK MIX **NET WT 2 LB (907 G)** **28 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.