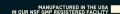
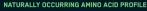
THE TRUE STRENGTH OF CASEIN

Rapid protein use is desirable immediately before and after exercise to help refuel recovering muscles, but delayed digestion and absorption may be more beneficial at other times - including bedtime when your body typically goes for hours without food. Casein proteins are acid sensitive and tend to thicken in the stomach. Because of this, it can take more than twice as long for our Gold Standard Natural 100% Casein™ to be broken down into its amino acid subcomponents than other proteins, Gold Standard Natural 100% Casein™ is also free of artificial flavors. sweeteners, and synthetic colors and uses only premium micellar caseins to create a protein formula that's truly time-released.









Nearly Sq BCAAs

"shot" of amino acids.

- REYOND THE BASICS > No Artificial Flavors, Sweeteners, or Synthetic Colors,
- . I goded with Micellar Cacain

before and immediately after workouts for a rapid

- > 24 grams of time-released protein per serving.
- Nearly 5 grams of BCAAs (Leucine, Isoleucine, and Valine). > Nearly 5 grams of Glutamine & Glutamine Precursors in every scoop.

SUGGESTED USE: Consume approximately 1 gram of protein per pound of body weight per day through a combination of high protein foods and supplements. For hest results, consume your daily protein allotment over several small meals spread evenly throughout the day. TIP: Try using "slower" Gold Standard Natural 100% Casein™ with "faster" proteins like Natural 100% Whey Gold Standard™ or Natural Pro Complex® at different times for maximum effectiveness. Take Gold Standard Natural 100% Casein™ immediately before bed and in-between meals when delayed protein delivery is desired. Drink Natural 100% Whey Gold Standard™ or Natural Pro Complex® proteins





GOLD STANDARD NATURAL

NO ARTIFICIAL FLAVORS OR SWEETENERS

SLOW-ACTING PROTEIN

24₆

PROTEIN

9.6_G

ESSENTIAL

AMINO ACIDS

SERVINGS





Nutrition Facts Serving Size 1 Scoop (37.5

Amount Per Serving Calories 140 % Daily Value* Total Eat 150 Cholesterol 20 Sodium Total Carbohydrate 8 Dietary Fiber 1 Protein 2 Vitamin C

> Fat 9 Carbohydrate 4 Protein ICPEDIENTS: Micellac Casain, Cocoa Processed with Alkali) Natural Flavors Honey Powder Evaporated Cane Juice Salt ecithin Cellulose Gum Reh A (Natural Stevia Leaf Sweetener)

ALLERGEN INFORMATION: CONTAINS MILK

MANUFACTURED BY OPTIMUM NUTRITION 975 Moridian Lake Dr. Aurora II 60504

SHAKER: Using a shaker cup is the easiest and most convenient way to mix up a consistently great casein shake every time. Just add one rounded scoop of Gold Standard Natural 100% Casein* to your shaker cup and then pour in 10-12 oz of your preferred beverage. Cover and shake for 25-30 seconds. TIP: Adjust the intensity of your Gold Standard Natural 100%

Casein™ by varying the amount of liquid that you use to prepare it. For a bolder flavor with slightly more body and sweetness, mix one scoop with 8-10 oz of water, milk, or your favorite beverage For a milder tasting, less sweet shake, use 12-14 oz of liquid per scoon. Don't have a shaker cun? Visit

www.optimumnutrition.com and order a custom shaker, or visit your local health food store or gym.

BLENDER: Add one rounded scoop of Gold Standard Natural 100% Casein™ to a blender filled with 10-12 oz of water, milk, or your favorite beverage. Blend for 20-30 seconds. Then add 3-4 ice cubes and blend for an additional 30 seconds. SHAKE UP YOUR SHAKE: By adding a few high-energy ingredients to your shake you can blend up a delicious meal; try adding fresh or frozen fruits (strawberries hananas neaches etc.) neanut butter, flaxseed oil, vogurt, coconut, slivered almonds, or other ingredients. STACK YOUR SHAKE: By adding supplements like Micronized Creatine Glutamine Taurine and/or INSTANTIZED BCAA powders, you can make Gold Standard Natural 100% Casein™ an even more powerful recovery product.

SPOON STIRRED: If you forgot your shaker cup or don't have time to get out the blender, you can just add one rounded scoop of Gold Standard Natural 100% Casein™ to a glass filled with 10-12 oz of cold water, milk, or your favorite beverage. Then mix it up with a spoon for about 30 seconds or until powder is

NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT DE AGE STORE IN A COOL DRY PLACE CONTENTS SOLD BY WEIGHT NOT VOLUME