THE TRUE STRENGTH OF CASEIN

Faster digesting protein is desirable immediately before and after exercise to help refuel recovering muscles, but slow 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 thicken in the stomach. Compared to some other proteins, it can take longer for our Gold Standard 100% Casein™ to be broken down into its amino acid subcomponents. By using only premium micellar casein as a protein source, we've created a formula that sets the standard for slow digesting protein support.

*NATURALLY OCCURRING AMINO ACID PROFILE

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine •	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine •	Histidine	Alanine
Leucine •	Proline	
Lysine	Glutamine & Glutamic Acid •	
Phenylalanine		
Methionine		

Typical amounts per serving

~9.6 G ~10.3 G ~4.1 G

• Nearly 5g of BCAAs and Nearly 5g of Glutamine and Glutamic Acid

BEYOND THE BASICS

- Best-Selling Micellar Casein.
- Nearly 73% Protein by Weight (24g of Protein per 33g Serving Size).
- 24 Grams of Slow-Digesting Micellar Casein per Serving.
- Nearly 5 Grams of Naturally Occurring BCAAs (Leucine, Isoleucine, and Valine) per Serving.
- Nearly 5 Grams of Naturally Occurring Glutamine & Glutamic Acid in Every Scoop.

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM

AUTHENTIC OPTIMUM NUTRITION PRODUCT
To Ensure the Authenticity of This Product, Make Sure the ON HOLOGRAM STRIPE is Present On The Neckband.
FURTHER INFO AT: WWW.OPTIMUMNUTRITION.COM/AUTHENTIC
1 (800) 705-5226 TRUESTRENGTH.COM

SCAN THIS QR CODE with your smartphone for further info and promotions

FPO UPC
748927024289

12-OZ-BOT-060

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

MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin

GOLD STANDARD 100% CASEIN™

SLOW DIGESTING **PREMIUM MICELLAR CASEIN PROTEIN**

COOKIES AND CREAM
Naturally & Artificially Flavored

24G PROTEIN
9G* ESSENTIAL AMINO ACIDS
1G SUGAR

100% PROTEIN FROM MICELLAR CASEIN

55 SERVINGS

NET WT. 4 LB (1.82 KG) PROTEIN POWDER DRINK MIX

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

Nutrition Facts

Serving Size 1 Heaping Scoop (33g)
Servings Per Container 55

Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 24g	48%
Vitamin A 0% •	Vitamin C 0%
Calcium 50% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Micellar Casein, Cookie Crumbs (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thamin Mononitrate, Riboflavin, Folic Acid], Sugar, Palm and Palm Kernel Oil Blend, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin), Natural and Artificial Flavors, Salt, Lecithin, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Acesulfame Potassium, Sucralose, Aminogen®.

ALLERGEN INFORMATION: CONTAINS MILK, SOY (LECITHIN) AND WHEAT INGREDIENTS.

MANUFACTURED BY OPTIMUM NUTRITION

975 Meridian Lake Dr., Aurora, IL 60504

DIRECTIONS:
Using a shaker cup is the easiest and most convenient way to mix up a consistently great casein shake every time. Just add one heaping scoop of Gold Standard 100% Casein™ to a shaker cup filled with 10-12 oz of your preferred beverage. Cover and shake for 25-30 seconds. **TIP:** Adjust the flavor and texture of your Gold Standard 100% Casein™ shake by varying the amount of liquid you use to prepare it. For a bolder flavor with a slightly thicker body and more sweetness, mix one scoop with 8-10 oz of water, milk or your favorite beverage. For a thinner, milder tasting, less sweet shake, use 12-14 oz of liquid. Don't have a shaker cup? Visit optimumnutrition.com and order a custom shaker, or visit your local health food store or gym.

BLENDER: Add one heaping scoop of Gold Standard 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 fresh or frozen fruits, peanut butter, flaxseed oil, coconut and other ingredients, you can make an even more delicious shake. **STACK YOUR SHAKE:** Customize your Gold Standard 100% Casein™ shake by adding recovery products like Creatine, Glutamine and BCAA Powders.

SPOON STIRRED: If you forgot your shaker cup or don't have time to get out the blender, you can just add one heaping scoop of Gold Standard 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 dissolved.

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.

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.