THE TRUE STRENGTH OF EGG PROTEIN

Nutritionists commonly refer to eggs as the "gold standard" for protein quality because they're very easily digested and contain generous amounts of all the essential amino acids. Eggs are much more "forgiving" to active adults who have trouble with dairy foods or milk based protein powders. Our Gold Standard 100% Egg™ takes the benefits a step further by significantly lowering the fat and cholesterol found in whole eggs. Each scoop of Gold Standard 100% Egg™ packs almost as much protein as 7 large egg whites with just 4 grams of carbs. By instantizing the powder for easy mixing, we may have elevated our egg to "platinum" status.

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		
~10.2 G	~7.5 G	~6.3 G

Typical amounts per serving

• Nearly 5g BCAAs

BEYOND THE BASICS

- 24 Grams of Egg White Protein Per Serving.
- Non-Dairy Protein Source.
- Nearly 5 Grams of BCAAs (Leucine, Isoleucine, and Valine).
- Complete Profile of Essential Amino Acids.
- Less Than 1 Gram of Sugar, so it's Great for Contest Preparation.
- Instantized to Mix Easily With a Spoon.

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
748927028294

13-037-829

GOLD STANDARD 100% EGG™

VANILLA CUSTARD
Naturally & Artificially Flavored

COMPLETE **PROTEIN SOURCE**

24G PROTEIN

<1G SUGAR

15MG CHOLESTEROL

Nutrition Facts

Serving Size 1 Scoop (34g)
Servings Per Container 26

Amount Per Serving	
Calories 120	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 440mg	18%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars <1g	
Protein 24g	48 %

Vitamin A 0% • Vitamin C 0%
Calcium 2% • 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: Egg Albumen, Natural and Artificial Flavors, Titanium Dioxide, Lecithin, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Vanillin, Acesulfame Potassium.

ALLERGEN INFORMATION: CONTAINS EGG AND SOY (LECITHIN) INGREDIENTS.

MANUFACTURED BY OPTIMUM NUTRITION
975 Meridian Lake Dr. Aurora, IL 60504

DIRECTIONS:

SPOON STIRRED: Gold Standard 100% Egg™ is instantized. That means if you forgot your shaker cup or don't have time to get out the blender, you can just add one scoop to a glass filled with 6-8 oz of cold water, milk, or your favorite beverage. Then mix it up with a spoon for about 30 seconds or until powder is completely dissolved.

SHAKER: Bringing a shaker cup with you to the gym is the best way to get a powerful dose of protein immediately after your workout. Just add one scoop of Gold Standard 100% Egg™ to a shaker cup filled with 6-8 oz of your favorite beverage. Cover and shake for 25-30 seconds. 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 scoop of Gold Standard 100% Egg™ to a blender filled with 6-8 oz of water, milk, or your favorite beverage. Blend for 15-20 seconds. Then add 3-4 ice cubes and blend for an additional 20 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 bananas, peanut butter, flaxseed oil, 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 100% Egg™ an even better post-workout recovery product.

SUGGESTED USE: Consume enough protein to meet your daily protein requirements through a combination of high protein foods and protein supplements. For the best results, consume your daily protein allotment over several small meals spread evenly throughout the day.

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

INTENDED FOR HEALTHY ADULTS OVER THE AGE OF 18.
STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

100% OF THE PROTEIN FROM EGG

26 SERVINGS

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

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

NET WT. 2 LB (909 G) PROTEIN POWDER DRINK MIX