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 has fueled billions of workout recoveries worldwide.

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 35 years and in 90+ countries. After careful supplier selection, ingredients are tested to assure 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**.

AUTHENTIC OPTIMUM NUTRITION PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC

NO ARTIFICIAL GROWTH HORMONES*
*NO SIGNIFICANT DIFFERENCE HAS BEEN SHOWN BETWEEN MILK DERIVED FROM RBST-TREATED AND NON-RBST TREATED COWS.

US ONLY
Discard Cap, Empty & Replace Foil and Pouch
PLASTIC TUB
OPTIMUM NUTRITION IS A PROUD PARTNER WITH HOWERECYCLE.

INFORMED CHOICE REGULARLY TESTED FOR BANNED SUBSTANCES

GLUTEN FREE

**Naturally Occurring Amino Acids
†When taken over time with regular resistance training

OPTIMUM NUTRITION

29 SERVINGS

GOLD STANDARD® 100% WHEY

24G PROTEIN **5.5G BCAAs**** **BANNED SUBSTANCE TESTED**

VANILLA ICE CREAM

PROTEIN POWDER DRINK MIX NET WT 1.98LB (899G)

Nutrition Facts

29 servings per container
Serving size 31g (About 1 Scoop)

Amount per serving	
Calories	120
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Cholesterol 55mg	18%
Sodium 130mg	6%
Total Carbohydrate 4g	1%
Total Sugars 1g	
Protein 24g	48%
Calcium 130mg	10%
Potassium 150mg	4%

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

*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, Hydrolyzed Whey Protein), Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium.

CONTAINS: MILK AND SOY.

For best results, mix up your shake 30-60 minutes after you work out, or have it anytime to boost your protein intake.

GOLD STANDARD 100% WHEY™ is designed for maximum mixability and superior drinkability.

Check out **OPTIMUMNUTRITION.COM** for recipes and training tips.

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.

MANUFACTURED FOR GLANBIA PERFORMANCE NUTRITION (NA), INC.
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1 (800) 705-5226

MANUFACTURED IN THE USA
FOR PRODUCT CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

CONTENTS SOLD BY WEIGHT NOT VOLUME. SETTLING WILL OCCUR.

STORE IN A COOL, DRY PLACE.

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

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