

WHY GOLD STANDARD® 100% PLANT PROTEIN?

GOLD STANDARD 100% PLANT PROTEIN™ was crafted for the athlete in all of us. The combination of pea, rice and fava bean proteins provides all 20 amino acids, including all 9 essential amino acids, designed to help with post-exercise muscle support.† Each serving is packed with 24 grams of 100% plant-based protein and 0 grams of sugar.▲ For athletes who expect the best. This is GOLD STANDARD 100% PLANT PROTEIN™.

- 24 Grams of Plant Protein per Serving
- Contains All 9 Essential Amino Acids
- Gluten Free
- No Artificial Colors, Flavors or Sweeteners



STRENGTH
TRAINING



MUSCLE
SUPPORT†



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](https://optimumnutrition.com).



GOLD STANDARD® 100% PLANT PROTEIN

24 G
PROTEIN

0 G
SUGAR*

*Not a low calorie food.

150
CALORIES

VEGAN

RICH CHOCOLATE FUDGE

NATURALLY FLAVORED
WITH OTHER NATURAL FLAVORS

PROTEIN POWDER DRINK MIX
NET WT 1.76 LB (800 G) 20 SERVINGS

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



Nutrition Facts

20 servings per container

Serving size 40g (About 1 Scoop)

Amount per serving

Calories 150

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1g **5%**

Sodium 540mg **23%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Protein 24g **39%**

Calcium 50mg **4%**

Iron 8.4mg **45%**

Potassium 150mg **4%**

Not a significant source of trans fat, cholesterol, added sugars 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: Plant Protein Blend (Pea Protein, Fava Bean Protein Isolate, Brown Rice Protein Concentrate), Cocoa Powder (Processed with Alkali), Organic Sunflower Oil Creamer (Organic High Oleic Sunflower Oil, Organic Rice Syrup Solids, Organic Pea Protein, Sodium Citrate, Tricalcium Phosphate, Organic Sunflower Lecithin), Natural Flavor, Salt, Gum Blend (Xanthan Gum, Guar Gum, Gum Acacia), Stevia Leaf Extract (Reb A, Reb M).



40 GRAMS

ABOUT 1 SCOOP
PLANT PROTEIN
POWDER



10-12 FL OZ

WATER OR
ALMOND MILK



30 SECONDS

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% PLANT PROTEIN™ is designed for maximum mixability and superior drinkability.

Check out [OPTIMUMNUTRITION.COM](https://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.

STORE IN A COOL, DRY PLACE.



**AUTHENTIC
OPTIMUM NUTRITION
PRODUCT**
[OPTIMUMNUTRITION.COM/AUTHENTIC](https://optimumnutrition.com/authentic)



GLUTEN
FREE

▲ Not a low calorie food.

† When taken over time with regular resistance exercise.



**CONTENTS SOLD
BY WEIGHT NOT
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**MANUFACTURED BY
OPTIMUM NUTRITION, INC.**
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5226



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

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



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