

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.



STRENGTH
TRAINING



SPORTS



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 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](https://optimumnutrition.com).



GOLD STANDARD® 100% WHEY

Nutrition Facts

29 servings per container

Serving size 31g (About 1 Scoop)

Amount per serving	% Daily Value*
Calories	120
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Cholesterol 55mg	18%
Sodium 130mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	0%
Total Sugars 2g	
Protein 24g	48%
Calcium 140mg	10%
Potassium 150mg	4%

*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, Salt, Sucralose, Acesulfame Potassium, Red 40 Lake.

CONTAINS: MILK AND SOY.



31 GRAMS
(ABOUT 1 SCOOP)
WHEY PROTEIN
POWDER



6-8 FL OZ
COLD WATER,
MILK OR
OTHER
BEVERAGE



30 SECONDS
STIR, SHAKE
OR BLEND UNTIL
DISSOLVED

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](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.

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



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



**NO ARTIFICIAL
GROWTH
HORMONES***

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

**Naturally occurring amino acids
†When taken over time with regular resistance training



**GLUTEN
FREE**

**FOR MUSCLE
SUPPORT &
RECOVERY**

**24_G
PROTEIN**

HELPS BUILD AND
MAINTAIN MUSCLE†

**5.5_G
BCAAs****

SUPPORTS
MUSCLE RECOVERY

**WHEY PROTEIN ISOLATE
PRIMARY SOURCE**

**BANNED
SUBSTANCE
TESTED**



FRUITY CEREAL ARTIFICIALLY FLAVORED

**100% OF
THE PROTEIN
FROM WHEY**

PROTEIN POWDER DRINK MIX

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

NET WT 1.98 LB (900 G) 29 SERVINGS

**MANUFACTURED FOR GLANBIA
PERFORMANCE NUTRITION (NA), 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



**CONTENTS SOLD
BY WEIGHT NOT
VOLUME. SETTLING
WILL OCCUR.**



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**OPTIMUM NUTRITION
IS A PROUD PARTNER
WITH HOW2RECYCLE.**