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, fueling over 2 billion workout recoveries worldwide since 1998.



STRENGTH TRAINING

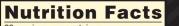


OPTIMUM® NUTRITION has been trusted to provide the highest quality in post-workout recovery, pre-workout energy, and on-the-go sports nutrition for over 30 years and in 90+ countries. After careful supplier selection, each ingredient is tested to assure exceptional purity, potency and composition. We 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.



GOLD STANDARD



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

Amount per serving Calories

Potassium 140mg

120

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Cholesterol 35mg	12%
Sodium 100mg	4%
Total Carbohydrate 3g	1%
Total Sugars 1g	
Protein 24g	48%
Calcium 140mg	10%

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 foo

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, Whey Peptides). Natural and Artificial Flavor, Lecithin. Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Citric Acid, Salt, Beet Juice Powder (color) Sucralose, Lactase.

CONTAINS: MILK AND SOY.



31 GRAMS

ABOUT 1 SCOOP WHEY PROTEIN POWDER



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 as an anytime snack in your balanced, high-protein diet.

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

Check out OPTIMUMNUTRITION.COM for recipes and training tips









INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that have been tested for banned substances by the orld class sports anti-doping lab. LGC Limited.

FOR MUSCLE SUPPORT & RECOVERY

24_G PROTEIN **HELPS BUILD AND**

MAINTAIN MUSCLES

BCAAs** SUPPORTS ENDURANCE WHEY PROTEIN ISOLATE PRIMARY SOURCE

SUBSTANCE TESTED

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

STORE IN A COOL, DRY PLACE

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





MANUFACTURED BY OPTIMUM NUTRITION, INC.

3500 Lacey Road, Suite 1200 Downers Grove, IL 60515 1 (800) 705-5226



**Naturally Occurring Amino Acids

exercise program.

#When taken over time with regular resistance training.

Suggested Use: For healthy

to meet your daily protein

adults, consume enough protein

requirements with a combination

of high protein foods and protein

supplements throughout the day

as part of a balanced diet and

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