

WHY GOLD STANDARD® PRO GAINER?

- 60 Grams of High-Quality Protein to Help Kick-Start Recovery
- 81 Grams of Carbohydrates to Help Replenish Glycogen Stores
- 650 Calories per Serving with 4 Grams of Added Sugar
- With Over 20 Vitamins & Minerals:
 - + Supports healthy bones and immunity
 - + Excellent Source of Iron, Calcium, Vitamins A, C, E, & Zinc

STRENGTH TRAINING

SPORTS PERFORMANCE

WEIGHT GAIN

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://www.optimumnutrition.com).

NO ARTIFICIAL GROWTH HORMONES*

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

AUTHENTIC OPTIMUM NUTRITION PRODUCT

[OPTIMUMNUTRITION.COM/AUTHENTIC](https://www.optimumnutrition.com/authentic)

MANUFACTURED BY OPTIMUM NUTRITION, INC.

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

INFORMED CHOICE

REGULARLY TESTED FOR BANNED SUBSTANCES



GOLD STANDARD®
PRO GAINER

SUPPORTS MUSCLE RECOVERY & CALORIE INTAKE

650 CALORIES
HELPS BOOST CALORIE INTAKE

60G PROTEIN*
HELPS BUILD AND MAINTAIN MUSCLE**

BANNED SUBSTANCE TESTED

DOUBLE CHOCOLATE

ARTIFICIALLY FLAVORED

PROTEIN & CARBOHYDRATE POWDER DRINK MIX

NET WT 5.09 LB (2.31 KG) 14 SERVINGS

*SEE NUTRITION FACTS FOR SATURATED FAT AND CHOLESTEROL CONTENT

Nutrition Facts

14 servings per container

Serving size 165g (About 1 Scoop)

Amount per serving	% Daily Value*
Calories 650	
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 340mg	15%
Total Carbohydrate 81g	29%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 60g	120%
Vitamin D 0mcg	0%
Calcium 600mg	45%
Iron 7.5mg	40%
Potassium 660mg	15%
Vitamin A 330mcg	35%
Vitamin C 29mg	30%
Vitamin E 4mg	25%
Thiamin 0.31mg	25%
Riboflavin 0.36mg	30%
Niacin 4mg	25%
Vitamin B ₆ 0.4mg	25%
Folate 160mcg DFE (95mcg folic acid)	40%
Vitamin B ₁₂ 1.17mcg	50%
Biotin 50mcg	170%
Pantothenic Acid 2mg	40%
Phosphorus 320mg	25%
Iodine 22mcg	15%
Magnesium 175mg	40%
Zinc 3.5mg	30%
Copper 0.55mg	60%
Manganese 0.58mg	25%

*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: Maltodextrin, Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Hydrolyzed Whey Protein), Cocoa (Processed with Alkali), Medium Chain Triglycerides, Sunflower Oil, Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Vitamin and Mineral Blend (Dimagnesium Phosphate, Tricalcium Phosphate, Calcium Carbonate, Sodium Ascorbate, DL-Alpha-Tocopheryl Acetate, Ferrrous Fumarate, Biotin, Niacinamide, Vitamin A Acetate, Zinc Oxide, Copper Gluconate, D-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Potassium Iodide, Cyanocobalamin, Folic Acid), Salt, Sucralose, Acesulfame Potassium.

CONTAINS: MILK AND SOY.

165 GRAMS

ABOUT 1 SCOOP
PRO GAINER
POWDER

16 FL OZ

COLD WATER,
MILK OR OTHER
BEVERAGE

30 SECONDS

STIR, SHAKE
OR BLEND UNTIL
DISSOLVED

GOLD STANDARD PRO GAINER™ is a high-protein formula delivering calories that count during recovery. Each shake provides ample supplemental protein, carbs, vitamins and minerals to build on the amount you’re getting through a balanced diet of food.

TIP: By using an electric blender, you can stack this gainer formula with fresh/frozen fruits, peanut butter, nuts, seeds and other nutrient-dense options.

Check out [OPTIMUMNUTRITION.COM](https://www.optimumnutrition.com) for recipes and training tips.

Suggested Use: For healthy adults, consume enough energy from a combination of high quality foods and supplements throughout the day as part of a balanced diet and exercise program.

AT TIME OF FILL

AFTER SETTLING

CONTENTS SOLD BY WEIGHT NOT VOLUME. SETTLING WILL OCCUR.

**When taken in addition to normal calorie intake and regular weight resistance training

STORE IN A COOL, DRY PLACE.

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

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