



GOLD STANDARD[®] 100% WHEY

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

DELICIOUS STRAWBERRY ARTIFICIALLY FLAVORED

100% OF THE PROTEIN FROM WHEY PROTEIN POWDER DRINK MIX NET WT 10 LB (4.53 KG) 146 SERVINGS
NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

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



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 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).



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 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](https://www.optimumnutrition.com) for recipes and training tips.



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)

GLUTEN
FREE



Nutrition Facts

146 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 60mg	20%
Sodium 130mg	6%
Total Carbohydrate 3g	1%
Total Sugars 2g	
Protein 24g	48%
Calcium 140mg	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), Sunflower and/or Soy Lecithin, Natural and Artificial Flavor, Citric Acid, Sucralose, Red 40 Lake.

CONTAINS: MILK AND SOY.

STORE IN A COOL, DRY PLACE.

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



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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.

**Naturally Occurring Amino Acids

‡When taken over time with regular resistance training.

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



MANUFACTURED BY
OPTIMUM NUTRITION, INC.

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