THE TRUE STRENGTH OF WHEY

Whey Protein Isolates (WPIs) are the purest form of whey protein that currently exists. WPIs are costly to use, but rate among the best proteins that money can buy. That's why they're the first ingredient you read on the Gold Standard 100% Whey™ label. By using WPI as the primary ingredient along with premium ultra-filtered whey protein concentrate (WPC), we're able to pack 24 grams of protein into every serving to support your muscle building needs after training. ON's attention to detail also extends to mixability. This superior quality powder has been instantized to mix easily using a shaker cup or just a glass and spoon. There's no doubt that this is the standard by which all other whey proteins are measured.

TRUE STRENGTH® | ON®
WWW.OPTIMUMNUTRITION.COM

*NATURALLY OCCURRING AMINO ACID PROFILE

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine •	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine •	Histidine	Alanine
Leucine •	Proline	
Lysine	Glutamine & Glutamic Acid	
Phenylalanine		
Methionine		
~11 G	~7.7 G	~5.3 G

Typical amounts per serving

• Total BCAAs 5.5 grams

BEYOND THE BASICS

- Free of Artificial Flavors and Sweeteners.
- No Synthetic Colors.
- 75% Protein by Weight (24g of Protein per 32g serving size).
- Whey Protein Isolates (WPI) Main Ingredient.
- Whey Protein Microfractions from Whey Protein Isolate and Ultra-Filtered Whey Protein Concentrate.
- Over 4 Grams of Naturally Occurring Glutamine & Glutamic Acid in Each Serving.
- More than 5 Grams of Naturally Occurring BCAAs (Leucine, Isoleucine, and Valine) in Each Serving.
- The "Gold Standard" for Protein Quality.

AUTHENTIC OPTIMUM NUTRITION PRODUCT
To Ensure the Authenticity of This Product, Make Sure the **ON HOLOGRAM STRIPE** Is Present On The Neckband.
FURTHER INFO AT: WWW.OPTIMUMNUTRITION.COM/AUTHENTIC
1 (800) 705-5226 **TRUESTRENGTH.COM**

FPO UPC
7 48927 05302 9

V1.302.0914US
6030906

ON®

NATURALLY FLAVORED
GOLD STANDARD
100% WHEY™

24G PROTEIN

5.5G* BCAAs

4G* GLUTAMINE & GLUTAMIC ACID

CHOCOLATE
Naturally Flavored

NO ARTIFICIAL FLAVORS OR SWEETENERS

100% OF THE **PROTEIN** FROM WHEY | **GLUTEN FREE** | **BANNED** SUBSTANCE **FREE** ✓

27 SERVINGS

Nutrition Facts

Serving Size 1 Rounded Scoop (32g)
Servings Per Container 27

Amount Per Serving	% Daily Value*
Calories 130 Calories from Fat 10	
Total Fat 1g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 60mg	**3%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 24g	**48%**

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Protein Blend (Whey Protein Isolates, Whey Protein Concentrate, Whey Peptides), Cocoa (Processed with Alkali), Sugar, Lecithin, Natural Flavor, Xanthan Gum, Rebaudioside A, Lactase.

ALLERGEN INFORMATION: CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS.

MANUFACTURED BY OPTIMUM NUTRITION ON®
975 Meridian Lake Dr., Aurora, IL 60504

DIRECTIONS:

SPOON STIRRED: Gold Standard 100% Whey™ is instantized. That means if you forgot your shaker cup or don't have time to get out the blender, just add one rounded scoop of Gold Standard 100% Whey™ to a glass filled with 6-8 oz of water or your favorite beverage. Then mix it up with a spoon. Stir for about 30 seconds or until powder is completely dissolved. **TIP:** Adjust the taste of your Gold Standard 100% Whey™ by varying the amount of liquid that you use to prepare it. For a bolder flavor with slightly more body and sweetness, mix each scoop with 4-6 oz of water, milk, or your favorite beverage. For a milder tasting, less sweet shake, use 8-10 oz of liquid per scoop.

SHAKER CUP: Bringing a shaker cup with you to the gym is the best way to get a dose of protein immediately after your workout. Just pour in 6-8 oz of your preferred beverage and then add one rounded scoop of Gold Standard 100% Whey™ to your shaker cup. Cover and shake for 25-30 seconds. Don't have a shaker cup? Visit your local health food store, gym, or optimumnutrition.com to order a custom ON shaker.

BLENDER: Add one rounded scoop of Gold Standard 100% Whey™ to a blender filled with 6-8 oz of water or your favorite beverage. Blend for 20-30 seconds. Then add 1 or 2 ice cubes and blend for an additional 30 seconds. **SHAKE UP YOUR SHAKE:** By adding fresh or frozen fruits, peanut butter, flaxseed oil, coconut and other ingredients, you can make an even more delicious shake. **STACK YOUR SHAKE:** You can make Gold Standard 100% Whey™ an even better post workout product by adding supplements like creatine, glutamine, BCAA, and concentrated carbohydrate powders.

THINK OUTSIDE THE GLASS: Gold Standard 100% Whey™ can be used for more than just protein shakes. Try mixing a scoop into oatmeal, yogurt, or the milk that you pour over your morning breakfast cereal. Better yet, increase the protein content of muffins, cookies, brownies, etc. by adding a scoop or two to your baked goods recipes.

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.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

INFORMED-CHOICE .ORG
Trusted by sport

INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that all nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, HFL Sport Science.

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

MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin

NET WT. 1.9 LB (864 G) PROTEIN POWDER DRINK MIX

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