

## THE BIGGER PICTURE OF WHEY

Whey Protein Isolates are 90% pure protein by weight. They are the purest and most expensive form of whey protein that exists. That's why they are the first ingredients you read on the 100% Whey Gold Standard™ label. By using Whey Protein Isolates as our primary protein source, we're able to pack 24 grams of the purest, muscle-building protein per serving, and a lot less of the fat, cholesterol, lactose, and other stuff that you can do without. There's no question this is the standard by which other whey proteins are measured.

**THE ADVANCED GOLD STANDARD WHEY PROTEIN BLEND:** 100% Whey Gold Standard™ is made of an exclusive blend of:

- › Microfiltered Whey Protein Isolates
- › Ion-Exchange Whey Protein Isolates
- › Ultrafiltered Whey Protein Concentrate
- › HYDROWHEY™ Hydrolyzed Whey Peptides

**THE BIGGER PICTURE**  
WWW.OPTIMUMNUTRITION.COM



Carefully Manufactured  
in the by:

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### TYPICAL AMINO ACID PROFILE (milligrams per serving)

Essential Amino Acids (EAAs)	Conditionally Essential Amino Acids (CAAs)	Nonessential Amino Acids (NAAs)
Tryptophan 405	Arginine 505	Aspartic Acid 2508
Valine 1422	Cystine 494	Serine 1126
Threonine 1654	Tyrosine 703	Glycine 412
Isoleucine 1573	Histidine 423	Alanine 1180
Leucine 2531	Proline 1509	
Lysine 2233	Glutamine & Precursors 4082	
Phenylalanine 748		
Methionine 492		

### BEYOND THE BASICS

- › Packed with Whey Protein Isolates (WPI).
- › HIGHER PROTEIN PERCENTAGE (24 grams of protein; 75% protein by weight).
- › Includes HYDROWHEY™, strategically hydrolyzed, low molecular weight whey peptides to make protein faster acting.
- › Contains LACTASE and AMINOGEN® digestive enzymes to enhance utilization.
- › WHEY PROTEIN MICROFRACTIONS including Alpha-lactalbumin, Glycomacropeptides, Beta-lactoglobulin, Immunoglobulin G (IgG), Lactoferrin, Lactoperoxidase, and various growth factors.
- › Over 4 grams of GLUTAMINE & glutamine precursors.
- › More than 5 grams of BCAAs (Leucine, Isoleucine, and Valine) in each scoop.



### EXTREME MILK CHOCOLATE

Naturally and Artificially Flavored

# 100% GOLD STANDARD™ WHEY

WHEY PROTEIN ISOLATES

PRIMARY SOURCE

24G  
PROTEIN

5.5G  
BCAAs

4G  
GLUTAMINE  
& PRECURSORS

71  
SERVINGS



### DIRECTIONS:

**SPOON STIRRED:** 100% Whey Gold Standard™ is INSTANTIZED. That means if you forgot your shaker cup or don't have time to get out the blender, you can just add one rounded scoop of 100% Whey Gold Standard™ to a glass filled with 6-8 oz of water, nonfat milk or your favorite beverage. Then mix it up with a spoon. Stir for about 20 seconds or until powder is completely dissolved.

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

**BLENDER:** Add one rounded scoop of 100% Whey Gold Standard™ to a blender filled with 6-8 fl. oz of water, nonfat milk, 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 a few high-energy ingredients to your shake you can blend up a delicious meal: try adding fresh or frozen fruits (strawberries, bananas, etc.), peanut butter, flaxseed oil, unflavored yogurt, coconut, slivered almonds, or other ingredients. **STACK YOUR SHAKE:** By adding other supplements including creatine, glutamine, taurine (e.g. CGT10), and/or BCAA powders you can make 100% Whey Gold Standard™ an even more powerful post-workout recovery product.

**SUGGESTED USE:** Consume approximately 1 gram of protein per pound of body weight through a combination of high protein foods and protein supplements. For the best results, consume your daily protein allotment over several small meals spread evenly throughout the day.

**NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.**

### Nutrition Facts

Serving Size 1 Rounded Scoop (32g)  
Servings per Container 71

Amount Per Serving		Calories from Fat 15
	% Daily Value*	
<b>Calories</b> 130		
<b>Total Fat</b> 1.5g		<b>2%</b>
Saturated Fat 0.5g		<b>3%</b>
Trans Fat 0g		
<b>Cholesterol</b> 30mg		<b>10%</b>
<b>Sodium</b> 100mg		<b>4%</b>
<b>Total Carbohydrate</b> 4g		<b>1%</b>
Sugars 1g		
<b>Protein</b> 24g		
Vitamin A 0%		Vitamin C 0%
Calcium 10%		Iron 2%

Not a Significant Source of Dietary Fiber  
\* 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

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

**INGREDIENTS:** Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Lecithin, Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Salt, Acesulfame Potassium, Aminogen®, Sucralose, Lactase.

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

Aminogen® is a registered trademark of Triarco Industries, Inc.



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

NET WT. 5 lb (2,273 G)