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› Optimum Nutrition Gold Standard 100% Whey Protein Powder User Manual

Optimum Nutrition 1141891

Optimum Nutrition Gold Standard 100% Whey Protein Powder User Manual

VANILLA ICE CREAM, 2 POUND

Introduction

Optimum Nutrition's Gold Standard 100% Whey Protein Powder in Vanilla Ice Cream flavor is formulated to support lean muscle mass and aid in muscle recovery. This product utilizes pure whey protein isolates as the primary ingredient, combined with ultra-filtered whey protein concentrate. Each serving delivers 24 grams of all-whey protein and 5.5 grams of naturally occurring branched chain amino acids (BCAAs).

Key Features

- **Gold Standard 100% Whey Blend:** Contains whey protein isolate, whey protein concentrate, and whey peptides.
- **High Protein Content:** Provides 24 grams of protein per serving.
- **Rich in BCAAs:** Over 5 grams of naturally occurring Branched Chain Amino Acids (BCAAs) to support muscle building.
- **Low in Carbs, Sugar, and Fat:** Typically 3-4 grams carbs, 1-3 grams sugar, and 1-1.5 grams fat per serving.
- **Gluten-Free:** Suitable for individuals avoiding gluten.
- **Instantized Formula:** Designed for improved mixability, reducing lumps and clumps.
- **Packaging:** Features protective disks with pressure-balancing vents for product safety.

Setup

Upon receiving your Optimum Nutrition Gold Standard 100% Whey Protein Powder, ensure the packaging is sealed and intact. Before first use, remove the protective seal under the lid. Store the container in a cool, dry place away from direct sunlight and moisture to maintain product integrity.

Operating Instructions

To prepare your protein shake, follow these steps:

1. **Measure Liquid:** Pour 6 to 8 fluid ounces of cold water, milk, or your preferred beverage into a shaker cup or blender.
2. **Add Powder:** Add about one scoop (approximately 31 grams) of Optimum Nutrition Gold Standard 100% Whey Protein Powder to the liquid.
3. **Mix:** Stir, shake, or blend until the powder is completely dissolved. For best results, use a shaker bottle with a mixing ball or an electric blender to ensure a smooth consistency.
4. **Consumption Timing:** For optimal muscle support and recovery, consume your shake 30 to 60 minutes after your workout. It can also be used as an anytime snack to supplement your daily protein intake as part of a balanced diet and exercise program.

Note: 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.

Maintenance

To maintain the quality and freshness of your Optimum Nutrition Gold Standard 100% Whey Protein Powder:

- Always reseal the container tightly after each use to prevent moisture and air exposure.
- Store in a cool, dry place, such as a pantry or cupboard.
- Avoid exposure to direct sunlight, high humidity, or extreme temperatures, as these can degrade the product.
- Do not refrigerate, as condensation can introduce moisture.

Troubleshooting

Common issues and solutions:

- **Clumping Issues:** If the powder clumps when mixing, ensure you add liquid first, then the powder. Using a shaker bottle with a mixing ball or a blender is highly recommended for a smooth consistency. Mix immediately before consumption.
- **Taste/Consistency:** If the taste is too strong or too weak, adjust the amount of liquid used. For a thicker shake, use less liquid; for a thinner shake, use more. Experiment with different types of liquids (e.g., water, milk, almond milk) to find your preferred consistency and flavor profile.
- **Settling:** The powder may settle to the bottom during shipping. This is normal and does not affect the product's quality or quantity.

Safety Information

Contains Milk and Soy.

Ingredients

Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Hydrolyzed Whey Protein), Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium. CONTAINS: MILK AND SOY.

Specifications

Attribute	Value
Product Dimensions	6 x 6 x 10.1 inches; 2 Pounds
Item Model Number	1141891
Department	unisex-adult
Date First Available	January 1, 1999
Manufacturer	Glanbia Performance Nutrition
ASIN	B000GISTZ4
Brand	Optimum Nutrition
Flavor	Vanilla Ice Cream
Servings per Container	29
Item Weight	907 Grams
Material Type Free	Gluten Free

Legal Disclaimer

These statements have not yet been evaluated by the United States Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Product Images





Front view of the Optimum Nutrition Gold Standard 100% Whey Protein Powder in Vanilla Ice Cream flavor, highlighting the 29 servings and 24g protein per serving.



Vanilla Ice Cream

A visual representation of the Vanilla Ice Cream flavor, featuring scoops of ice cream and creamy splashes on a light yellow background.

VANILLA ICE CREAM

ARTIFICIALLY FLAVORED

Nutrition Facts

29 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 55mg 18%

Sodium 130mg 6%

Total Carbohydrate 4g 1%

Total Sugars 1g

Protein 24g 48%

Calcium 130mg 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.



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

INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Hydrolyzed Whey Protein), Natural and Artificial Flavor, Sunflower and/or Soy Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium.

CONTAINS: MILK, SOY.

GLUTEN
FREE

24g
PROTEIN



Detailed Nutrition Facts panel showing serving size, calories, macronutrients, and ingredients for the Vanilla Ice Cream flavor.

Old



New



To ensure product safety, Optimum Nutrition tubs feature protective disks with pressure-balancing vents

An image illustrating the evolution of Optimum Nutrition's packaging, showing the 'Old' and 'New' designs, and highlighting the protective disk with pressure-balancing vents for product safety.

Helps Build & Maintain Muscle¹

¹ When taken over time with regular resistance training



24^G
PROTEIN

An image of an athlete playing tennis, visually representing how the protein powder helps build and maintain muscle when taken with regular resistance training.

A woman with dark hair, wearing a blue tank top and black shorts, is performing a barbell overhead press. She is holding a barbell with both hands, lifting it above her head. The background is a dark, industrial-style gym setting. A large white curved arrow graphic points from the right side of the image towards the text.

Supports Muscle Recovery²

2 When taken over time with regular resistance training

An image of an athlete performing a weightlifting exercise, emphasizing the product's role in supporting muscle recovery.



OPTIMUM NUTRITION Is the World's #1 Sports Nutrition Brand³

3 Source Euromonitor International Limited; Consumer Health 2025 Edition,
Sports Nutrition category, %retail value shares, 2024 data

A dynamic image of a basketball player, highlighting Optimum Nutrition's claim as the world's #1 Sports Nutrition Brand.

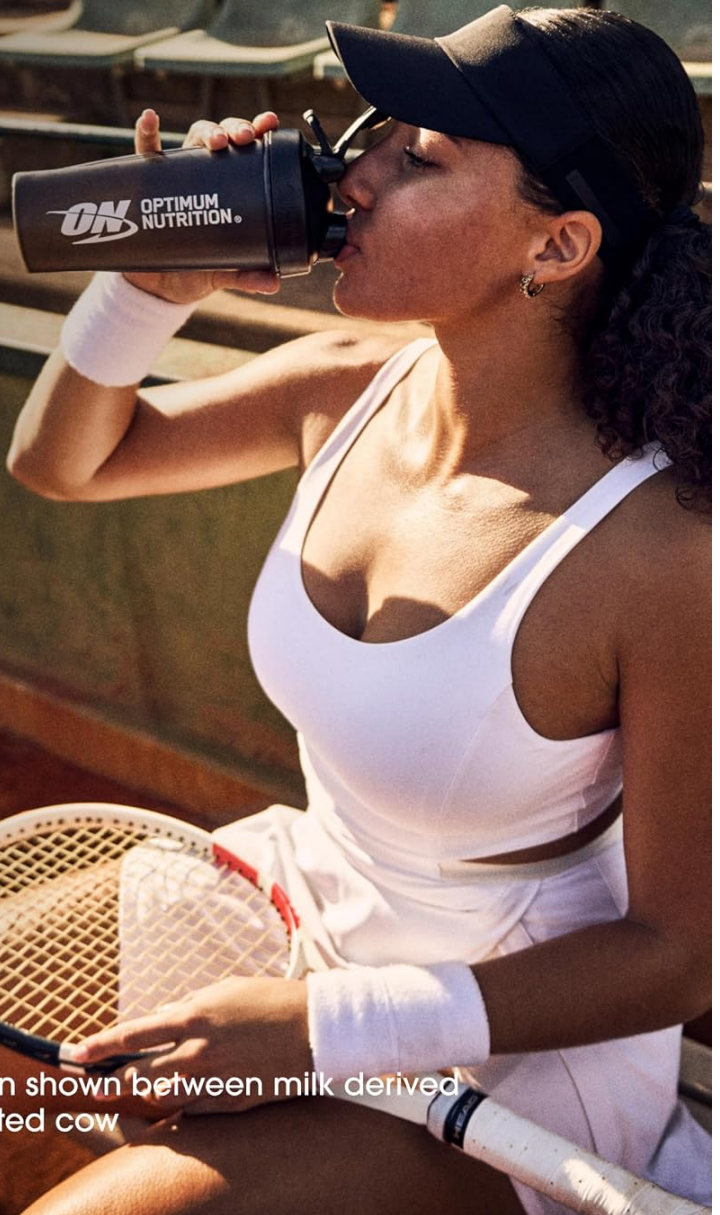


**Proven Performance Nutrition
for Over 35 Years**



A close-up portrait emphasizing the brand's long history of providing proven performance nutrition for over 35 years.

No Artificial Growth Hormones RBST Free⁴



⁴ No significant difference has been shown between milk derived from rBST treated and non-rBST treated cow

An image of an athlete drinking a protein shake, promoting the product as free from artificial growth hormones (rBST free).



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CONTAINS: MILK, SOY.



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

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

Consume your shake after exercise or anytime during the day to boost your protein intake.

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.

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

**GLUTEN
FREE**

**MANUFACTURED FOR GLANBIA
PERFORMANCE NUTRITION (NA), INC.**
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705-5226



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



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



748927028652

V.7.865.0724US
6074264

The back label of the protein powder container, detailing suggested use, storage instructions, and manufacturing information.



WHY GOLD STANDARD 100% WHEY PROTEIN™?

2_G SUGAR

120 CALORIES

5.5_G BCAAs**

- The GOLD STANDARD® for protein quality has fueled billions of workout recoveries worldwide.
- 24 grams of high-quality protein per serving to help build muscle†.
- Whey Protein Isolate (WPI) is the primary ingredient with further carbohydrates and fat 'isolated' out.
- 11 grams of naturally occurring Essential Amino Acids (EAAs) to support muscle recovery.



SPORTS



STRENGTH
TRAINING



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 products for over 35 years and in more than 100 countries.

We are obsessed with quality. We sweat the details, scrutinizing every ingredient in every product that we make. We hold ourselves to the highest production standard, all so you can unlock your body's full potential.

For more information visit optimumnutrition.com.

**Naturally Occurring Amino Acids

†When taken over time with regular resistance training



AUTHENTIC
OPTIMUM NUTRITION
PRODUCT
OPTIMUMNUTRITION.COM/AUTHENTIC



OPTIMUM NUTRITION
IS A PROUD PARTNER
WITH HOW2RECYCLE.



NO ARTIFICIAL
GROWTH HORMONES*

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

The side label of the protein powder container, explaining the benefits of Gold Standard 100% Whey Protein, including sugar content, calories, and BCAAs.

No official seller videos are available for this product at this time.

Warranty and Support

Specific warranty information for Optimum Nutrition Gold Standard 100% Whey Protein Powder is not provided in the product details. For any product-related inquiries, support, or to inquire about warranty details, please contact Optimum Nutrition directly through their official website or customer service channels.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question