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

Optimum Nutrition 1031668

Optimum Nutrition Gold Standard 100% Whey Protein Powder Instruction Manual

Double Rich Chocolate, 5 Pound

PRODUCT OVERVIEW

OPTIMUM NUTRITION'S GOLD STANDARD 100% Whey uses pure Whey Protein Isolates as the primary ingredient. Combined with ultra-filtered whey protein concentrate, each serving provides 24 grams of all-whey protein and 5.5 grams of naturally occurring Branched Chain Amino Acids (BCAAs) which are prized by athletes for their muscle building qualities. This product is designed to support lean muscle mass, aid in muscle recovery, and provide a convenient source of high-quality protein for your nutrition needs.



74
SERVINGS

GOLD STANDARD

**100% WHEY
PROTEIN**

FOR MUSCLE SUPPORT & RECOVERY

24G PROTEIN
PER
SERVING

DOUBLE RICH CHOCOLATE
ARTIFICIALLY FLAVORED

100% OF
THE PROTEIN
FROM WHEY

PROTEIN POWDER DRINK MIX NET WT 5.05 LB (2.29 KG) 74 SERVINGS

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

Figure 1: Front view of the Optimum Nutrition Gold Standard 100% Whey Protein Powder tub.

New Look Same Trusted Quality



The image shows two tubs of Optimum Nutrition Gold Standard 100% Whey Protein Powder against a red background. The larger tub on the left is the 'New' design, featuring a black body with a red band at the bottom and a white 'NEW' badge. The smaller tub on the right is the 'Old Design', which has a more traditional red and black color scheme. Both tubs display the product name and flavor (Double Rich Chocolate). The text 'NEW' is prominently displayed in a white circle next to the larger tub.

NEW

Old Design

The packaging you receive may vary,
but the product inside is the same.

Figure 2: Comparison of the new and old packaging designs. The product inside remains the same trusted quality.

Safety Information

Use this product as a food supplement only. Do not use for weight reduction. Intended for healthy adults over the age of 18. This product is labeled to United States standards and may differ from similar products sold elsewhere in its ingredients, labeling, and allergen warnings.



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

Figure 3: Protective disk with pressure-balancing vents inside the tub to ensure product safety and freshness.

INGREDIENTS

The Double Rich Chocolate flavor contains: Protein Blend (Whey Protein Isolates, Whey Protein Concentrate, Whey Peptides), Cocoa (Processed with Alkali), Lecithin, Natural and Artificial Flavors, Acesulfame Potassium, Lactase. Contains: Milk, Soy.

No Artificial Growth Hormones RBST Free⁴



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

Figure 4: This product is certified to be free from artificial growth hormones (rBST free).

DIRECTIONS FOR USE

Mix about one scoop of the powder into 6 to 8 fluid ounces of cold water, milk, or other beverage. Stir, shake, or blend until dissolved. For best results, mix up your shake 30 to 60 minutes after your workout or use as an anytime snack in your balanced diet. 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.



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 3g 1%

Dietary Fiber <1g 2%

Total Sugars 1g

Protein 24g 48%

Calcium 130mg 10%

Iron 0.7mg 4%

Potassium 200mg 4%

Not a significant source of trans fat, added sugars and vitamin D.

*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), Cocoa Powder (Processed with Alkali), Sunflower and/or Soy Lecithin, Natural and Artificial Flavor, Acesulfame Potassium.

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.



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6074259

KEY BENEFITS AND FEATURES

- **GOLD STANDARD 100% WHEY BLEND:** 24g blended protein consisting of whey protein isolate, whey protein concentrate, and whey peptides to support lean muscle mass.
- **OVER 5G OF BCAAS:** Helps build lean and strong muscles with naturally occurring Branched Chain Amino Acids.
- **Low in Macronutrients:** Contains 3-4g carbs, 1-3g sugar, and 1-1.5g fat per serving.
- **GLUTEN FREE:** Suitable for individuals with gluten sensitivities.
- **INSTANTIZED:** Improves mixability to prevent lumps and clumps, ensuring a smooth shake every time.
- **BANNED SUBSTANCE TESTED:** Undergoes highest quality control measures for consumer safety and confidence.
- **ANY-TIME FORMULA:** Great before or after exercise, between meals, with a meal, or any time of day where you need extra protein in your nutrition.

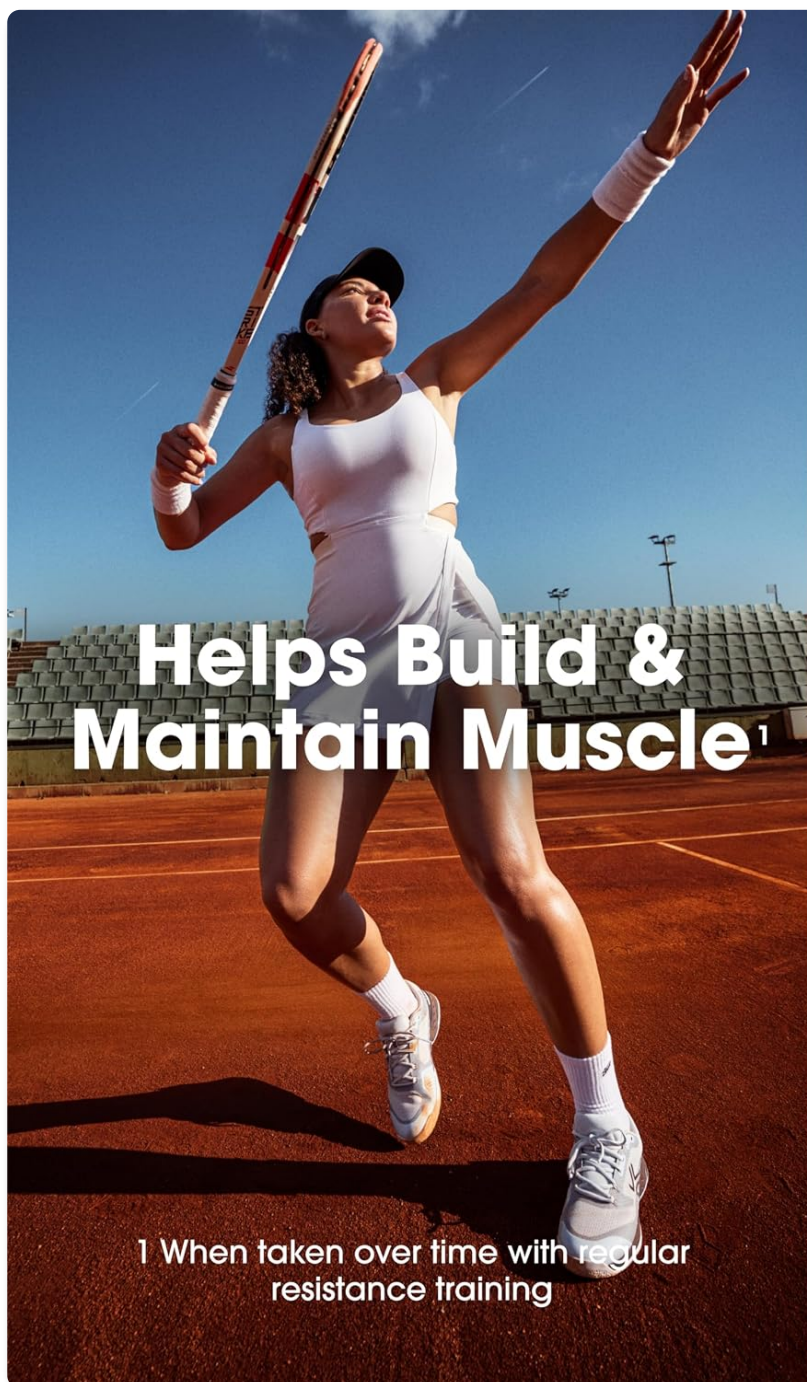
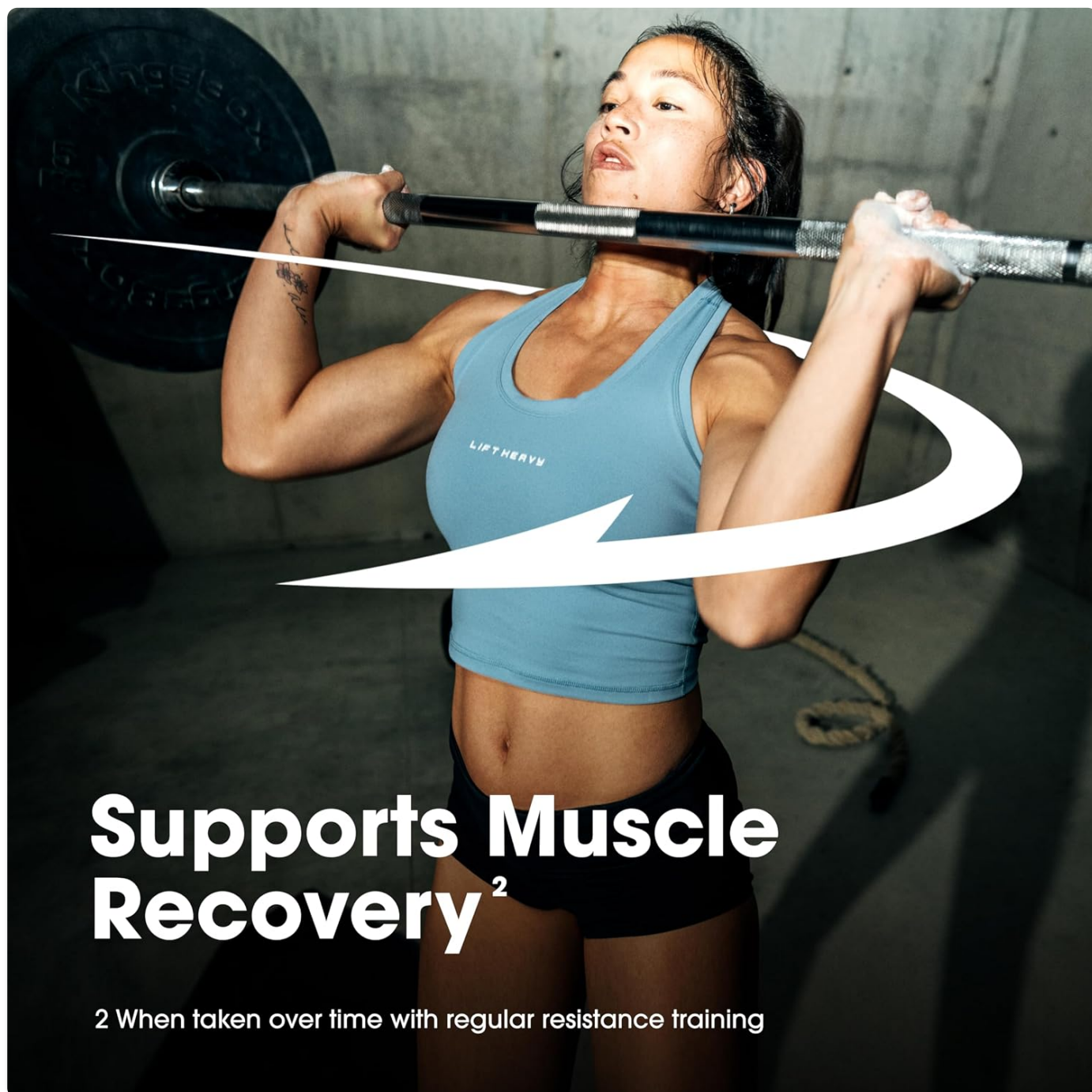


Figure 6: This protein powder provides 24 grams of protein per serving, supporting muscle building and maintenance when combined with regular resistance training.



Supports Muscle Recovery²

2 When taken over time with regular resistance training

Figure 7: The formulation supports muscle recovery, crucial for athletes and active individuals after intense workouts.



Figure 8: The Double Rich Chocolate flavor offers a rich and satisfying taste experience.

PRODUCT SPECIFICATIONS

Brand	Optimum Nutrition
Flavor	Double Rich Chocolate
Item Weight	5 Pounds
Servings per Container	74
Product Dimensions	8 x 8 x 11.25 inches
Item Model Number	1031668

Manufacturer	Glanbia Performance Nutrition
Country of Origin	USA
Material Type Free	Gluten Free

New Look, Same Great Formula

New

Nutrition Facts	
74 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 3g	1%
Dietary Fiber <1g	2%
Total Sugars 1g	
Protein 24g	48%
Calcium 130mg	10%
Iron 0.7mg	4%
Potassium 200mg	4%
INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Hydrolyzed Whey Protein), Cocoa Powder (Processed with Alkali), Sunflower and/or Soy Lecithin, Natural and Artificial Flavor, Acesulfame Potassium.	
CONTAINS: MILK, SOY.	

Original

Nutrition Facts	
74 servings per container	
Serving size	30.4g (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 3g	1%
Dietary Fiber <1g	2%
Total Sugars 1g	
Protein 24g	48%
Calcium 130mg	10%
Iron 0.7mg	4%
Potassium 200mg	4%
INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Hydrolyzed Whey Protein), Cocoa Powder (Processed with Alkali), Sunflower and/or Soy Lecithin, Natural and Artificial Flavor, Acesulfame Potassium.	
CONTAINS: MILK AND SOY.	

Figure 9: Comparison of nutrition facts between the new and original formulations, showing consistent quality.

STORAGE AND MAINTENANCE

Store in a cool, dry place. Ensure the lid is tightly sealed after each use to maintain freshness and prevent moisture absorption. Contents sold by weight, not volume; some settling may occur during shipping.

TROUBLESHOOTING

For issues with mixability, ensure you are using cold liquid and shaking/blending vigorously for at least 30 seconds. If clumping persists, try adding liquid first, then the powder. For any other concerns, please refer to the manufacturer's contact information on the product label.

WARRANTY AND SUPPORT

Information regarding specific product warranties or dedicated support channels is typically provided directly by the manufacturer on the product packaging or their official website. For detailed inquiries, please visit [optimumnutrition.com](https://www.optimumnutrition.com) or refer to the contact details on your product tub.

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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