

SUPPLEMENT FACTS, INGREDIENTS & DIRECTIONS

100% WHEY GOLD STANDARD

Serving Size 1 Rounded Scoop (29.4g)

Servings Per Container **149**

Amount Per Serving		Vitamin A 0%		Vitamin C 0%	
Calories 120	Calories from Fat 10	Calcium 10%	•	Iron	0%
% Daily Value*		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:					
Total Fat 1g	2%	Total Fat	Less than	2,000	2,500
Saturated Fat 0.5g	3%	Sat. Fat	Less than	65g	80g
Trans Fat 0g		Cholesterol	Less than	20g	25g
Cholesterol 30mg	10%	Sodium	Less than	300mg	300mg
Sodium 60mg	3%	Total Carbohydrate	Less than	2,400mg	2,400mg
Total Carbohydrate 3g	1%	Dietary Fiber		300mg	375g
Sugars 1g		Calories per gram:		25mg	30g
Protein 24g		Fat	9	Carbohydrate	4
			•	Protein	4

INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Artificial Flavor, Lecithin, Acesulfame Potassium, Aminogen®, Lactase.

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

Directions:

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 cold water, non-fat milk or your favourite beverage. Then simply mix it up with a spoon. Stir for about 20 seconds or until powder is completely dissolved.

