

SUPPLEMENT FACTS, INGREDIENTS & DIRECTIONS

100% CASEIN

Serving Size 1 Heaping Scoop (32g)
Servings Per Container 56

| Amount Per Serving | |
|------------------------------|---------------------|
| Calories 110 | Calories from Fat 5 |
| % Daily Value* | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 230mg | 10% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 1g | 4% |
| Sugars 0g | |
| Protein 24g | |

| | | | | |
|-----------|-----|---|-----------|----|
| Vitamin A | 0% | • | Vitamin C | 0% |
| Calcium | 50% | • | 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 |

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

INGREDIENTS: Protein Blend (Micellar Casein, Calcium Caseinate), Natural and Artificial Flavors, Inulin, Salt, Lecithin, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Aminogen®, Yellow #5.

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

Directions:

Just add one heaping scoop of Gold Standard 100% Casein to your shaker cup and then pour 10-12 oz of your preferred beverage. Cover and shake for 25-30 seconds. Best consumed immediately after your workout.

