

SUPPLEMENT FACTS, INGREDIENTS & DIRECTIONS

100% CASEIN

Serving Size 1 Heaping Scoop (32g)
 Servings Per Container **27**

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.

