

SUPPLEMENT FACTS, INGREDIENTS & DIRECTIONS

100% WHEY GOLD STANDARD

Serving Size 1 Rounded Scoop (29.4g)

Servings Per Container **31**

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			
Total Fat 1g	2%	* Percent Daily Values are based on a 2,000 calorie diet.			
Saturated Fat 0.5g	3%	Your Daily Values may be higher or lower depending on your calorie needs:			
Trans Fat 0g		Calories:	2,000	2,500	
Cholesterol 30mg	10%	Total Fat	Less than 65g	80g	
Sodium 60mg	3%	Sat. Fat	Less than 20g	25g	
Total Carbohydrate 3g	1%	Cholesterol	Less than 300mg	300mg	
Sugars 1g		Sodium	Less than 2,400mg	2,400mg	
Protein 24g		Total Carbohydrate	300mg	375g	
		Dietary Fiber	25mg	30g	
		Calories per gram:			
		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.

