

THE BIGGER PICTURE OF CASEIN

Rapid protein use is desirable immediately before and after exercise to help refuel recovering muscles, but delayed digestion and absorption may be more beneficial at other times – including bedtime when your body typically goes for hours without food. Casein proteins are acid sensitive and tend to thicken in the stomach. Because of this, it can take more than twice as long for our Gold Standard 100% Casein to be broken down into it's amino acid subcomponents than other proteins. By blending premium micellar and calcium caseins, we've created a protein formula that's truly time-released.

THE BIGGER PICTURE®
WWW.OPTIMUMNUTRITION.COM



Carefully Manufactured in the USA by: **ON**
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TYPICAL AMINO ACID PROFILE (milligrams per serving)

Essential Amino Acids (EAAs)	Conditionally Essential Amino Acids (CAAs)	Nonessential Amino Acids (NAAs)
Tryptophan 292	Arginine 866	Aspartic Acid 1589
Valine 1609	Cystine 79	Serine 1396
Threonine 1039	Tyrosine 846	Glycine 510
Isoleucine 1312	Histidine 688	Alanine 664
Leucine 2129	Proline 2421	
Lysine 1822	Glutamine & Precursors 4950	
Phenylalanine 1144		
Methionine 644		

BEYOND THE BASICS

- > Loaded with Micellar Casein.
- > 24 grams of time-released protein per serving.
- > Contains AMINOGEN® digestive enzymes to enhance utilization.
- > Over 5 grams of BCAAs (Leucine, Isoleucine, and Valine) .
- > Nearly 5 grams of Glutamine & glutamine precursors in every scoop.

SUGGESTED USE: Consume approximately 1 gram of protein per pound of body weight per day through a combination of high protein foods and supplements. For best results, consume your daily protein allotment over several small meals spread evenly throughout the day. **TIP:** Try using "slower" Gold Standard 100% Casein with "faster" proteins like 100% Whey Gold Standard™ or Pro Complex™ at different times for maximum effectiveness. Take Gold Standard 100% Casein immediately before bed and in between meals when delayed protein delivery is desired. Drink 100% Whey Gold Standard™ or Pro Complex™ proteins before and immediately after workouts for a rapid "shot" of amino acids.

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CREAMY VANILLA

Naturally and Artificially Flavored

100% GOLD STANDARD™ CASEIN

24G PROTEIN

10G BCAAs GLUTAMINE & PRECURSORS

1G SUGAR

56 SERVINGS

SLOW-ACTING PROTEIN

AMINOGEN® ENHANCED



DIRECTIONS:

SHAKER: Bringing a shaker cup with you to the gym is the best way to get a powerful dose of protein immediately after your workout. 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. Don't have a shaker cup? Visit www.optimumnutrition.com and order a custom shaker, or visit your local health food store or gym.

BLENDER: Add one heaping scoop of Gold Standard 100% Casein to a blender filled with 10-12 oz of water, milk, or your favorite beverage. Blend for 20-30 seconds. Then add 3-4 ice cubes and blend for an additional 30 seconds. **SHAKE UP YOUR SHAKE:** By adding a few high-energy ingredients to your shake you can blend up a delicious meal: try adding fresh or frozen fruits (strawberries, bananas, peaches, etc.), peanut butter, flaxseed oil, yogurt, coconut, slivered almonds, or other ingredients. **STACK YOUR SHAKE:** By adding supplements like Micronized Creatine, Glutamine, Taurine, and/or INSTANTIZED BCAA powders, you can make Gold Standard 100% Casein an even more powerful post-workout recovery product.

SPOON STIRRED: If you forgot your shaker cup or don't have time to get out the blender, you can just add one heaping scoop of Gold Standard 100% Casein to a glass filled with 10-12 oz of cold water, milk, or your favorite beverage. Then mix it up with a spoon for about 30 seconds or until powder is dissolved.

NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE. **KEEP OUT OF REACH OF CHILDREN.**

STORE IN A COOL, DRY PLACE.

CONTENTS SOLD BY WEIGHT NOT VOLUME.

Nutrition Facts

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

Amount Per Serving		Calories from Fat 5
Calories 110		% 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	Less than	300g	375g
Dietary Fiber	Less than	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.



SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

NET WT. 4 lb (1818 G)