

GOLD STANDARD

100% WHEY

COOKIES & CREAM

Serving Size 1 Rounded Scoop (33g)

Amount Per Serving		
Calories	130	Calories from Fat 15
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	200mg	8%
Total Carbohydrate	4g	1%
Sugars	3g	
Protein	24g	48%
Vitamin A	0%	Vitamin C 0%
Calcium	8%	Iron 0%

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:

	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
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Protein Blend (Whey Protein Isolates, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavors, Lecithin, Cookie Crumbs (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm and Palm Kernel Oil, Cocoa [Processed with Alkali], High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin), Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Aminogen®, Lactase.

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