Product Description

GOLD STANDARD 100% WHEYTM from OPTIMUM NUTRITION® is the world's best-selling whey protein. It delivers 24 g of whey protein to support muscle growth*. After training, your body uses protein to help repair and rebuild muscle fibres. Each great tasting serving contains 24 g of premium whey protein to support muscle growth* and 5.5 g of naturally occurring BCAAs, but just 1.3 g of fat, 0.7 g of sugar and 1.5 g of carbs. GOLD STANDARD 100% WHEY TM is best enjoyed first thing in the morning and / or during the 30 minutes just before or immediately after training. Simply mix 1 rounded scoop with 180-240 ml of water in an ON shaker.
*Protein contributes to the growth and maintenance of muscle mass

DE ZUTATEN: Proteinmischung (MOLKENproteinisolat°, MOLKENproteinkonzentrat°, hydrolisiertes MOLKENproteinisolat°, Emulgator: SOJALecithin), Aromen [MILCH], fettarmes Kakaopulver, Natriumchlorid, Süßungsmittel (Acesulfam-K, Sucralose). °Aus MILCH