



**BETTER  
PROTEIN.**

**BETTER  
RESULTS.**

**SUPERIOR  
GAINS.**



# 100% PREMIUM WHEY PROTEIN



Why Supplement with GOLD ALLWHEY®? Research shows that consuming high levels of protein post-workout help muscles recover faster. With the body primed for nutrient absorption, a rapidly digestible protein source helps turn the body from a catabolic (muscle-wasting) state to an anabolic (muscle-building) state. Whey is recognized as the best post-workout protein source because with its high biological value, it gets absorbed and utilized faster than any other source. Additionally its complete amino acid profile, high in naturally occurring essential branched chain amino acids (BCAAs), allows whey to accelerate protein synthesis and muscle growth. This cannot be duplicated with a whole food protein source.\*

**Premium Whey Protein:** Regular whey protein is great. GOLD ALLWHEY®'s premium whey is even better because it goes through additional microfiltration vs regular whey to increase its purity. This process does not affect or denature the protein but does remove additional non-protein components - primarily lactose and fat. The result is increased purity and faster absorption into your muscles for quicker recovery and bigger gains in lean body mass.\*

**Less Carbs, Less Fat, More Protein Per Serving:** Not only does GOLD ALLWHEY® deliver all the protein you need, each scoop contains only 4 g of carbs and 130 calories per serving. That's 70% less carbs and sugars vs regular whey protein powders! Get all the gains in lean mass without the added carbs. GOLD ALLWHEY®: pure, premium, un-denatured whey protein.\*

## Nutrition Facts

<b>Servings per container</b>	<b>~28</b>
<b>Serving size</b>	<b>1 scoop (32g<sup>1</sup>)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value<sup>Δ</sup></b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.1mg	6%
Potassium 320mg	7%

<sup>Δ</sup> The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** PURE WHEY PROTEIN BLEND (Cross-Flow Ultra-Filtered Whey Protein Concentrate, Cross-Flow Micro-Filtered Whey Protein Isolate), Cocoa processed with alkali, Natural and Artificial Flavor, Sea Salt, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Soy and/or Sunflower Lecithin, Sucralose, Acesulfame Potassium.

**2 SIZES  
AVAILABLE**



### 5 DELICIOUS FLAVORS



Chocolate



Chocolate Peanut Butter



Vanilla



Cookies & Cream



Strawberry

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



ESSENTIALS

Naturals

SPORT

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