

24g
PROTEIN¹

**BETTER
PROTEIN.**

**BETTER
RESULTS.**

**SUPERIOR
GAINS.**



PREMIUM ISOLATE-ENHANCED PROTEIN

Proper nutrition around workouts is essential for muscle recovery and growth. Research shows that consuming high-quality protein before or after exercise enhances muscle repair and helps shift the body from a catabolic (muscle-wasting) state to an anabolic (muscle-building) state. Whey protein is widely recognized as the gold standard for pre- and post-workout protein because of its impressive Biological Value (BV) of 112 and Digestible Indispensable Amino Acid Score (DIAAS) score of 1.03. These values indicate that whey protein is absorbed more efficiently and utilized faster than other protein sources. Its complete amino acid profile, rich in naturally occurring Essential Amino Acids (EAAs) and Branched-Chain Amino Acids (BCAAs), supports muscle development and promotes muscle protein synthesis*

Smart Protein Technology: Regular whey protein is great—but ALLWHEY® GOLD is even better. It undergoes an advanced cross-flow microfiltration process that removes excess fat and lactose without compromising protein integrity. This ensures higher purity and faster absorption, helping strengthen muscles and improves recovery.*

Less Carbs, Less Fat, More Protein Per Scoop: ALLWHEY® GOLD boasts an impressive 75% protein content! Each scoop delivers 24 g of pure whey protein, with only 4 g of carbs and just 130 calories per serving. This means you get all the benefits of high-quality whey protein without unnecessary carbs or fillers—maximizing muscle growth.*



10
Packets
per Tray

3 DELICIOUS FLAVORS



Chocolate



Chocolate
Peanut Butter



Vanilla

SUGGESTED USE: Blend, Mix or Shake entire contents (32g) with approx. 5-8oz (150-240ml) of cold water or low-fat milk, depending on desired taste and consistency, anytime you want a premium and satisfying high-protein beverage.

Nutrition Facts

Servings per container 10
Serving size 1 (32g)

Amount per serving
Calories 130

	% Daily Value ^a
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 105mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 1mg	6%
Potassium 300mg	6%

^a 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 (Cellulose Gum, Xanthan Gum), Soy and/or Sunflower Lecithin, Sucralose, Acesulfame Potassium.



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SPORT

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Chocolate - US4001

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