



GOLD STANDARD[®] FIT 40

GOLD STANDARD FIT40 Muscle Recovery Protein

- 30 G Protein to help maintain muscle mass*
- 4 G L-Leucine to help optimize recovery
- 2 G sugar naturally occurring in whey
- 20 servings
- Chocolate and Vanilla

GOLD STANDARD FIT40 Training and Performance Booster

- 3 G Calcium HMB to support muscle strength[▲]*
- 2 G Beta-Alanine to help you train harder and longer[▲]*
- Vitamin D3 to support muscle and bone health
- 20 servings—take before or during training
- Fruit Punch and Cherry Limeade

GOLD STANDARD FIT40 Active Joint Health

- 40 mg UC-II and 90 mg Vitamin C to support healthy joints and collagen synthesis[▲]
- 50 mg Turmeric
- 45 capsules
- 1 capsule per day



*When taken over time with regular resistance training

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

GOLD STANDARD FIT40 FOR THE AGING ATHLETE

The aging athlete is relentless in their sport and they aspire to remain competitive as they age. Proper nutrition is just as important in the aging athlete as the younger athlete and supplementation may play an important role. The FIT40 line of products is designed specifically for the aging athlete. The Protein Powder Drink Mix, Training and Performance Booster powder and the Active Joint Health capsules can help support performance and recovery in the aging athlete.▲



OPTIMUM NUTRITION is regarded as a trusted brand in the sports performance industry. We are obsessed with quality and we are the makers of the most reviewed*, most awarded*, best-selling whey protein powder in the world—GOLD STANDARD 100% WHEY™.

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*Based on consumer reviews from Amazon, GNC, Vitamin Shoppe, Bodybuilding.com, Flipkart, AminoZ, Tmall – May 2018.

*Based on Bodybuilding.com "Protein of the Year" awards 2005-2018.